

## 25 . I'm depressed

#PHR

- I'm feeling down today.
- I'm feeling low today.
- I'm feeling sad today.
- I'm feeling blue today.
- I'm feeling overwhelmed today.
- I'm feeling discouraged today.
- I'm feeling disheartened today.
- I'm feeling unmotivated today.
- I'm feeling hopeless today.
- I'm feeling emotionally drained today.