

# **EFFECTS OF ANTI ANXIETY and ANTI DEPRESSANT MEDICATION ON COGNITION**

**Many Individuals take medication to control anxiety and depression in our society. Some literature reports up to 65% of Americans take these medications at some time in their lives. Although they do provide symptom relief they may also impair our ability to think clearly.**

***What Individuals may complain of:***

**Feeling sedated**

**Fatigue**

**Headache**

**Upset Stomach**

**Dizziness**

***What you experience working with them:***

**Decreased Attention**

**Limited Ability to Remember**

**Difficulty Planning**

**Difficulty Being Organized**

**Difficulty with Change**

**Limited Ability to Learn New Information**