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