

Increased appetite, weight gain

You may gain weight because of fluid retention or lack of physical activity, or because you have a better appetite when your depression symptoms ease up. Some antidepressants are more likely to cause weight gain than others.

Coping strategies

- Cut back on sweets and sugary drinks.
- Select lower calorie nutritious foods, such as vegetables and fruits, and avoid saturated and trans fats.
- Eat smaller, more frequent meals and eat more slowly.
- Keep a food diary — tracking what you eat can help you manage your weight.
- Seek advice from a registered dietitian.
- Get regular physical activity or exercise most days of the week.
- Talk to your healthcare provider about switching medications, but get the pros and cons.