

Dizziness

Dizziness is more common with older (tricyclic) antidepressants and monoamine oxidase inhibitors (MAOIs) than with other antidepressants. These medications can cause low blood pressure, resulting in dizziness.

Coping strategies

- Rise slowly from sitting or standing positions.
 - Use handrails, canes or other sturdy items for support.
 - Avoid driving or operating machinery.
 - Avoid caffeine, tobacco and alcohol.
 - Drink plenty of fluids.
 - Take your antidepressant at bedtime.
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Agitation, restlessness, anxiety

Agitation, restlessness or anxiety can result from the stimulating effect of certain antidepressants. Although having more energy can be a good thing, it may mean you can't relax or sit still even if you want to. Be alert for racing or impulsive thoughts along with high energy. If these develop, talk to your doctor right away because they may be signs of bipolar disorder or another serious disorder.

Coping strategies

- Get regular exercise, such as jogging, biking or aerobics, or some type of physical activity, such as walking. Talk to your healthcare provider first about what would be a good type of exercise or physical activity for you.
- Practice deep-breathing exercises, muscle relaxation or yoga.
- Consult your healthcare provider about temporarily taking a relaxing or sedating medication or switching to an antidepressant that isn't as stimulating.