

# WHAT ARE DYSPHORIA AND ANHEDONIA?



## DYSPHORIA

A state of unease or generalized dissatisfaction with life.



## ANHEDONIA

Lack of feelings, or the inability to feel pleasure.



5% of the general population is affected by dysphoria.

Anhedonia occurs in roughly 70% of people with major depressive disorder.



## DEPRESSED FEELINGS

Women are more likely to experience dysphoria, especially from ages 25-44.

## LACK OF FEELINGS

Physical signs include little to no pleasure from positive tactile experiences like touching, eating and sex.



70% of individuals with alcohol dependency struggle with dysphoria when drinking heavily.

Social symptoms of anhedonia include withdrawal and lack of feelings about someone you love.



Both **Dysphoria** and **Anhedonia** are typically symptoms of underlying mental health issues or substance abuse disorders.

Some individuals who experience dysphoria or anhedonia attempt to self-medicate as a coping mechanism.



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