



Other than sadness, depression is always accompanied by diverse mental and physical symptoms.

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Jonghyun suffered from insomnia, he couldn't sleep even if he was tired. Contrary to him, I overslept but I didn't feel refreshed even if I slept 12 hours and I was as exhausted as Jonghyun. Sleep disorders are a common symptom of depression.

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When I was depressive, I overate and ended up developing a full-blown bulimia (which lasted several years after I recovered from depression).

But the majority of depressive people whose Jonghyun lost his appetite. Moreover as he was petite, he tended to not gain weight easily.

So he lost weight. He also lost his muscle mass because he might not have the courage to work out at the gym.

Trust me, you absolutely have to be physically and mentally healthy to be on a diet to increase muscle mass and to stick with a workout program because it's hard. Jonghyun was too depressed to be dedicated in fitness.

It's in June 2016, at the "She Is" comeback that you can notice how much he lost weight.

His cheek bones are too prominent and his shoulders are not as large as they were before. Even his arms seemed smaller.

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Look at this video and focus on Jonghyun:

When I saw this video, not only did I see Jonghyun but also the past and depressed version of me.

When I was depressive I had the exact same behavior as Jonghyun.

I had slow movements, I was super quiet and I seemed to be absent-minded. I couldn't do anything against that.

My mind was too fucked up to make my body function properly.

It was the same for Jonghyun and he was aware of that because in his last Instagram live with Korean Shawols he complained he felt lethargic.

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Jonghyun had an intense fear of being rejected by others.

He was scared to show his real personality, he was afraid of being judged as he told in "4 Things Show".

Depression made him anxious.





[8 signs of Jonghyun's depression|<https://www.8days.sg/sceneandheard/entertainment/kim-jonghyun-was-crying-for-help-and-these-are-t-he-signs-we-9813372#slideshow-6>]

[Symptoms of depression|<https://www.nhs.uk/conditions/clinical-depression/symptoms/>]