

Agitation and Psychomotor Slowness



TABLE OF CONTENTS

- 3** Who is this booklet for?
- 4** What is psychomotor agitation?
- 6** Mindfulness
- 9** Psychomotor Slowness
- 11** Have you ever experienced something like this?
- 12** One step at a time
- 13** Checklist
- 15** Bibliography

Who is this booklet for?

This booklet is for you if you have the depressive symptoms “psychomotor agitation or retardation.”

What is psychomotor agitation?

Have you ever noticed that feeling of not being able to sit still? As if your body were restless, even when there seems to be no reason for it?

This is what we call **psychomotor agitation**.

It happens when a person feels more agitated, both physically and mentally, which creates a sense of restlessness. It's as if the body is trying to cope with difficult emotions or negative thoughts that seem to have no solution.

In practice, this agitation can manifest in various ways: pacing back and forth for no reason, fidgeting with your hands or feet constantly, swinging your leg while sitting, or being unable to stay still for very long.





Let us explain further:

Have you ever felt sad or worried and suddenly realized you couldn't stay still? **That's what psychomotor agitation is: your body and mind haven't stopped, creating a feeling that they're "racing."**

Has this ever happened to you?

Imagine you have a very important test in a few hours. You get anxious and, without realizing it, start pacing around the house, playing with your hair, or tapping your feet nonstop. It's hard to calm down or stay still.



This might help you...

Mindfulness

One practice that can help when restlessness sets in is mindfulness. It helps you focus on the present moment, calmly and without judgment.

This practice invites you to pay attention to your breathing or bodily sensations. And, in this way, it's possible to reduce agitation and better cope with difficult emotions.

It also teaches you to see thoughts as fleeting, reducing the impact of negative content



How can you practice mindfulness?

1 Find a quiet place and sit comfortably, with your back straight but relaxed.

2 Gently close your eyes and focus on your breathing.

3 Notice the air flowing in and out naturally, without trying to control it. If your mind starts to wander, gently bring your attention back to your breath.

4 When you notice thoughts, feelings, or sensations, simply observe them without judging them or trying to change them.

5 After a few minutes of paying attention to your breath, shift your focus to your body by doing a body scan: start at your feet and work your way up to your head, noticing any tension or discomfort.

Practice for 5 to 10 minutes daily and increase the time as you feel comfortable.



And psychomotor slowness, do you know what that is?

Another symptom that may appear, unlike agitation, is exactly the opposite: a feeling of slowness. This can affect movements, thoughts, and even speech.

At certain points during depression, it's common for a person to feel as though everything has become more difficult: getting up to do a simple task, starting a conversation, or even showing emotions on their face.

Gestures become more restrained, energy seems lower, and motivation is reduced. This experience is part of more severe depressive episodes.



In other words,

In your daily life, this can manifest in very visible ways: it may take you a long time to get out of bed, walk to places, or even perform simple tasks, such as making coffee. Everything seems to happen more slowly, as if you lack energy or motivation.



For example,

A person with this symptom may take a long time to get out of bed, walk slowly to the kitchen, and perform common tasks like making a snack. Everything happens more slowly than usual, appearing listless and lacking energy.



Have you ever experienced something like this?

We know that the slowness in performing simple tasks can cause distress and often prevent you from getting started.

To help you break out of this state of inactivity, we've selected the **Coping Skills Training**.

This technique offers practical ways for you to overcome inaction and resume your routine, one step at a time, in a lighter and more balanced way.

Let's see how it works in practice?

One step at a time...

A more useful approach is to start with small goals, breaking down large tasks into smaller, more manageable steps.

Instead of trying to do everything at once, you can start with small actions, such as getting out of bed or making a cup of coffee.

These small victories help reduce the burden and bring a sense of accomplishment.

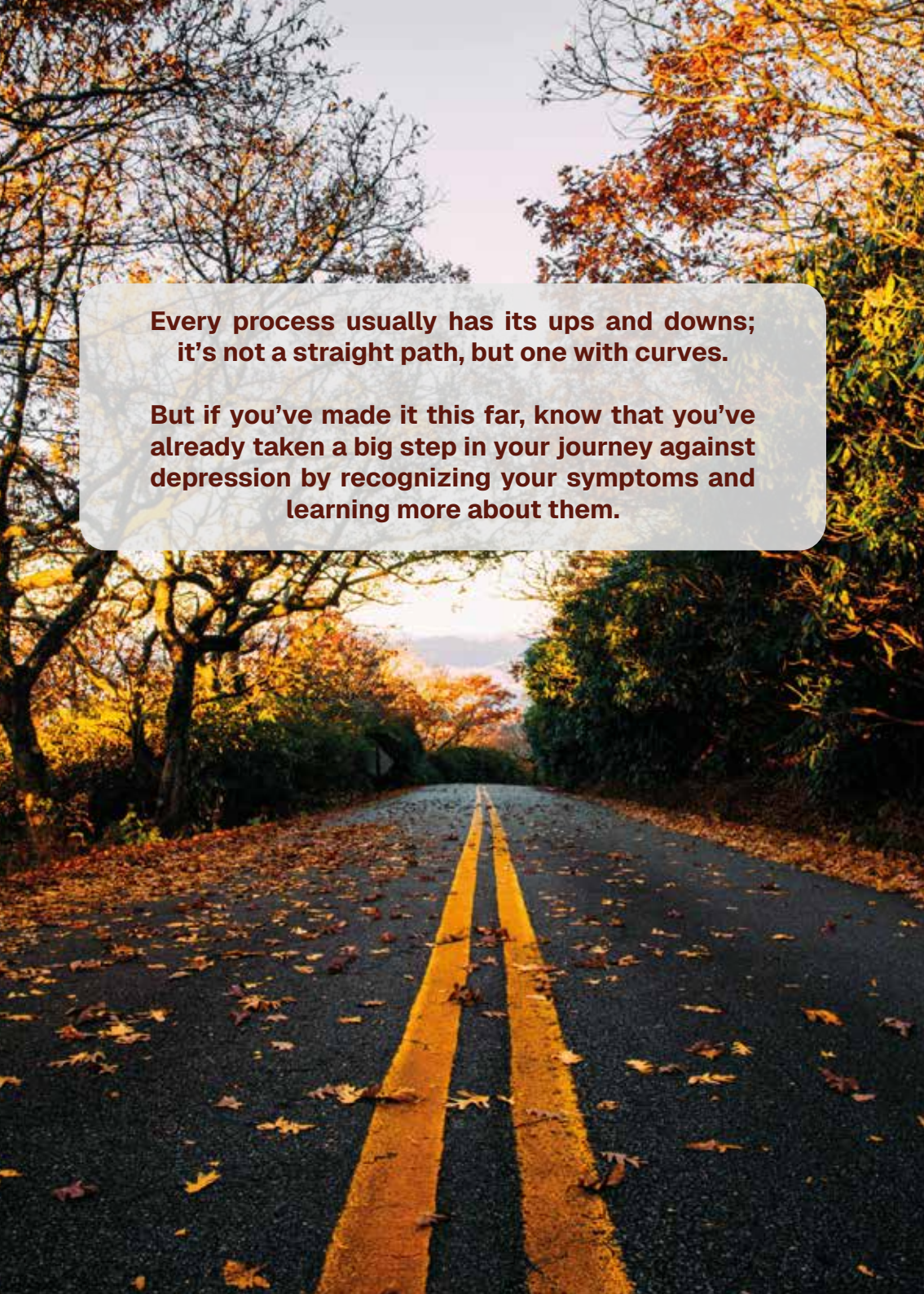


For example, If you have trouble getting started with studying, you can break the task down into small steps:



- Organize your study space** _____
- Turn on the computer** _____
- Write down the title of the material** _____
- Study for 20 minutes** _____
- Take a 5-minute break** _____
- Study for 25 minutes** _____
- _____
- _____
- _____

By breaking tasks down little by little, you'll feel more in control of the situation.



**Every process usually has its ups and downs;
it's not a straight path, but one with curves.**

**But if you've made it this far, know that you've
already taken a big step in your journey against
depression by recognizing your symptoms and
learning more about them.**

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