

7 Signs You May Have High Functioning Depression

author:



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Synopsis

In today's episode, you're going to learn about something important and rarely discussed that specifically impacts busy people and high achievers.

Just ask yourself:

- Do you just have coffee for breakfast, because a real meal would slow you down?
- Do you eat lunch while you work, instead of taking a break?
- Do you mindlessly scroll before going to bed because your mind is too busy?
- Do you take on extra work because you think, "I'm the only one who can do this, right?"
- Are you always there for others but don't take care of yourself?

These are some of the signs of high-functioning depression you should not ignore.

Joining Mel today is the world's leading expert and researcher on this topic, Dr. Judith Joseph, MD.

Today, Dr. Joseph is here to share her groundbreaking research on this important subject and exactly what to do to feel more energized, excited, joyful, and present in your life again.

Dr. Joseph is a renowned double-board-certified psychiatrist who trained at and is affiliated with Columbia University and New York University. She is also a pioneering researcher and the founder and principal investigator of her research institute, Manhattan Behavioral Medicine, where she has conducted over 60 clinical research trials with her all-female medical team, which focus on high-functioning conditions, including high-functioning depression.

This episode is for all the busy people who keep it all together, the moms on the move, and the overachievers at work. You'll be surprised, moved, and feel a sense of relief and peace after today's episode.

For more resources, including links to Dr. Joseph's research, click here for the podcast episode page.

If you liked this research-packed episode, you'll love hearing Dr. Joseph's other appearance on the podcast: [Want to Be Happier Right Now? Don't Make This Mistake \(New Surprising Science\)](#)

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