

Let's Talk: Sadness or depression?

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Hi, my name's Daniela. Today we're going to talk about the difference between sadness and depression. Most of us have times when we feel down or blue, but have you ever wondered if what you're feeling is sadness or depression? This is a common question. Let's talk about the differences.

Signs of sadness

Feeling sad is a normal emotion. When you're sad, it's usually related to a particular event or issue. You could be sad because a friend moved away or your pet died, if you're having a hard time at work or you've had to end a long relationship, or any other difficult experience. With sadness, time usually heals the hurt and pain. You begin to adapt to the loss or change or it begins to resolve itself and you start to feel better. Depression is different; it's a mental health issue.

Signs of depression

When you're depressed, there doesn't need to be a specific event that triggers your feelings. Rather, you have an overwhelming feeling of sadness and helplessness. It's like your entire world is colored blue. In addition to feeling sad, you may feel lethargic, unmotivated, detached from others, and even angry. You can have trouble sleeping and carrying out daily activities, like showering or doing laundry. People who suffer from depression may also be at risk for suicide. And with depression, there's no way you could just snap out of it, even though well-meaning people may say that to you.

There's hope and help

The good news is that depression is treatable. Mental health counseling and medications are often used separately or together to help deal with depression. Depression or sadness, there are many resources available that can help. Your doctor may be a good place to start. Also, reach out to family members and friends and community resources available. You can also find some great resources online. There's no reason to suffer when help is available. Thanks for talking.

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