

AM I SAD

OR

DEPRESSED?

DUE TO THE WIDESPREAD NATURE OF THESE EXPERIENCES,
UNDERSTANDING THE DIFFERENCE BETWEEN THEM CAN HELP
PROCESS THEM IN A STIMULATING MANNER



Sadness is a **NORMAL** human feeling that everyone will experience with unpleasant or grave occasions.



Depression is about being sad, definitely—but it's **MORE THAN JUST SADNESS**

Some life events can leave people feeling sad (e.g. loss of a loved one, divorce, failing an exam, or other disappointing events)

Depression is a **mental illness** and may include symptoms such as:

- almost constant exhaustion
- hopelessness
- losing interest in activities you normally enjoy
- having suicidal thoughts

Some amount of relief may be found through crying, venting, or talking about frustrations

They can be triggered by a sad event or they can come of out of nowhere sometimes.

Moreover, sadness has links to a specific trigger.

Event → *Emotion*



Sadness will usually go away with time.

If it does not, this could be a sign of depression.

If it **gets worse or lasts longer than 2 weeks**, the person seek help from doctor.

Episodes of depression last **at least 2 weeks** at a time.

**SEEK A MEDICAL ADVICE IF
SADNESS SEEMS STAY
LONGER OR GET WORSE!**

**THIS COULD INDICATE THE
DEVELOPMENT OF
DEPRESSION.**

Some test that might help:

- <https://depression.org.nz/is-it-depression-anxiety/self-test/depression-test/>
- <https://screening.mhanational.org/screening-tools/depression>

Sources:

- <https://www.medicalnewstoday.com/articles/314418>
- <https://screening.mhanational.org/content/am-i-depressed-or-just-sad>
- <https://www.healthline.com/health/depression/depression-vs-sadness#risk-factors>