

Sadness or Depression?

Understanding the Difference

Sadness: A natural response to difficult situations and part of the human experience. It typically resolves as one processes emotions and circumstances change.

Depression: A medical condition that affects multiple aspects of one's life and requires professional intervention and support. Depression is not a sign of weakness or a character flaw.

Sadness

Specific cause or event

Temporary, usually passing within days/weeks

Temporary sleep changes

May feel tired but recovers with rest

Usually unaffected

Able to maintain daily routines

Able to feel connected to others

Temporary decrease in activities

Typically remains intact

Often improves with time & support

Traits

Trigger

Duration

Sleep Patterns

Energy Levels

Concentration

Daily Activities

Social

Interests

Self-Worth

Recovery

Depression

May occur with no obvious trigger

Continues for two weeks or more

Persistent sleep problems (too little/much)

Persistent fatigue & low energy

Difficulty focusing & making decisions

Significant difficulty with basic daily tasks

Often feels disconnected and isolated

Sustained loss of interest in activities

Feelings of worthlessness

Usually requires professional intervention

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