

Sadness?



Or is it Depression?

Sadness is...

- A reaction: usually triggered by a specific event (loss, disappointments, a movie).
- Temporary: it comes in waves and fades over time.
- Functional: you can still find moments of joy or distraction.
- Part of being human.

Depression is...

- A state of being: often occurs without a specific "trigger".
- Persistent: last for at least two weeks, most of the day, nearly every day.
- Encompassing: affects sleep, appetite, energy, and interest in hobbies.
- A clinical health condition.

## The Key Differences

Sadness	Depression
Brief	Chronic
Triggered by "something"	Can feel like "nothing" and "everything"
Emotional	Physical and Emotional
Lightens with Time	Requires professional support

## When to Reach Out Checklist

It might be time to talk to a professional if:

- o You feel "numb" or empty rather than just sad
- o Your daily routine feels impossible to manage
- o Your sleep or appetite has changed drastically
- o You no longer enjoy the things you used to love

Validating your feelings is the first step toward healing. Whether it's sadness or depression, you don't have to carry it alone.

Save this download for later or share it with someone who needs to see this today!