

When it's depression, and when *it's just* sadness



Distinguishing between melancholy and depression can be challenging, as both are often associated with feelings of sadness. Nevertheless, there are specific differences between momentary sadness and depression.

The feeling of melancholy.

- Brief nature: Sadness is typically a fleeting emotion that may be a response to specific events, such as loss, separation, or failure.
- Understandable cause: You can identify the cause of the sadness, which is linked to a specific event in your life.
- Reaction to life events: Sadness is often proportional to the event that triggered it. It can be a natural response to a challenging experience.

Let's remember that experiencing emotions, such as sadness or melancholy, is essential and necessary. These feelings serve an important function, signaling to us what experiences affect us, how a specific situation has influenced us, and how we understand ourselves understandably.



Joanna Sobania,
specialist

Depression

- Long-lasting nature: Depression persists longer than typical fleeting sadness. If you experience a prolonged period of feeling down, loss of energy, and disinterest in life, it may indicate depression.
- Lack of connection to a specific event: Depression can occur without a clear cause or disproportionately to life events. It is often more general, making it challenging to identify as a reaction to a specific situation.
- Impact on daily functioning: Depression affects various areas of life, such as sleep, appetite, concentration, decision-making ability, and interpersonal relationships. If you notice significant difficulties in these areas, it may be a sign of depression.
- Loss of interests and pleasure: One of the key symptoms of depression is anhedonia, the loss of interest and pleasure in activities that previously brought joy.
- Physical symptoms: Individuals with depression often experience physical symptoms, such as fatigue, body aches, or sleep disturbances.

If you have doubts about your feelings and fear that you may be suffering from depression, we recommend contacting a specialist who can accurately assess your situation and assist in appropriate steps.

