

## WHICH IS IT? SADNESS OR DEPRESSION?



Ah, emotions. The gift that keeps on giving. At this time of year, there are a lot of emotions that are being dealt with. I am going to focus on sadness vs. depression because I figure the love, hate, joy, and jealousy will take care of themselves once your family leaves.

Here's the deal: **sadness** is the normal reaction to life's little disappointments. Didn't win the Powerball? Yeah, you're sad. Your dog ate your favorite shoes? Also sad and probably mad, too. But guess what? That sadness fades, and life moves on. It's temporary and doesn't impact your life in a big way.

**Depression**, on the other hand, is like that one guest who overstays their welcome. It hangs around for more than **two weeks** and can stick around for years if you let it. It messes with your head, your sleep, your appetite, and just your whole vibe. And trust me, you'll know it's more than just the "blues."

Here's a kicker: **1 in 6** adults will experience depression in their lifetime. So, if you're feeling like life's got you down, you're not alone. But here's the good news: it's treatable! So, if you've been stuck in that funk for longer than a couple of weeks, talk to your doc. You deserve better than just existing, right? And never forget...."Jesus Loves You!"