

SADNESS OR DEPRESSION %0A

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[Depression vs. Sadness: What's the Difference? - Healthline](#)

Sadness is a human emotion that all people feel at certain times during their lives. Feeling sad is a natural reaction to situations that cause emotional upset or pain.

[The Important Difference Between Sadness and Depression ...](#)

Depression and sadness seem to overlap because of some common symptoms, but both are actually different. One can say that if sadness take a form of hopelessness, that can mark the beginning of

[Opinion | What Is Sadness, and What Is Depression? - The ...](#)

Sadness and depression, and love, are at the heart of Long Players, a new book by Peter Coviello, a memoir about the dark hole he fell into after his marriage dissolved and the way music

[Differences Between Sadness and Clinical Depression](#)

We all feel sad sometimes, but that doesn't necessarily mean that we're actually experiencing clinical depression. In fact, sadness is a normal emotion that can make life more interesting, and it's a part of life. Much art and poetry are inspired by sadness and melancholy, for example, and sadness almost always accompanies the loss of a loved one.

[What's the difference between sadness and depression?](#)

Sadness is a normal reaction to a loss, disappointment, problems, or other difficult situations. Feeling sad from time to time is just another part of being human. In these cases, feelings of sadness go away quickly and you can go about your daily life.

[The Difference Between Sadness And Depression, As Told By ...](#)

The Difference Between Sadness And Depression, As Told By A Therapist. By Jennifer L. Silvershein, LMSW. Sept 16 2016 . Being a member of Gen-Y is viewed as the years of exploration and having fun

[Sadness vs. Depression: What's the Difference? | HealthyPlace](#)

Sadness is human and sadness still hurts—but, I timidly argue, sadness does not hurt like depression. First, let's refer to Wikipedia in a vague attempt to define sadness. Sadness is a severe pain related to being sorrow, feeling alone and helpless, which results from negative outcomes.

[Sadness and Depression - BC Cancer](#)

Depression is different from sadness. It lasts longer and has more symptoms. You can have many disturbing and

lasting symptoms. Depression can begin to interfere with your ability to live your life in a way that is healthy, enjoyable and meaningful to you.

6 Differences Between Sadness And Depression - Bustle

People sometimes believe that the difference between sadness and depression is one of degree as if people who are just feeling sad measure a one on the "feelings that are hard to deal with"