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Humanities Period's 4-5

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Sadness and Depression

Being sad or depressed tends to come from insecurities, life struggles, or any loss over another. When people are sad they tend to show it more, than when they are depressed. Sadness is just a passing state, but when you're depressed it tends to be for a longer period of time. Being depressed also affects your personality, and your way of thinking. According to the statistics stated in the article that I read, "The statistics on the rate of depression among teenagers vary from 11-28%," (Sad Teenage Girls...). Some signs that may indicate depression are: feeling sad, feeling worthless or guilty, sleeping too much or not enough, gained or lost weight unconsciously, having thoughts on death or suicide, and/or self-mutilation.

Sadness and depression destroys our happiness, because they are complete opposites of each other. In order to be happy, we must learn to overcome what is pulling us down. But pinpointing what is making us sad can be hard, "If you know someone who's depressed, please resolve never to ask them why. Depression isn't a straightforward response to a bad situation; depression just is, like the weather." (Stephen Fry). But once you realize what is causing you to be unhappy, you can change it so you CAN be satisfied.

I personally think, that depression sucks a lot. It really damages a person's perspective on themselves and the world. But I think that if they were to acknowledge what is making them sad, then they can change it around so they can be happy. I also think that the people that have overcome

depression, tend to have a greater view on things, and are also the happiest. Why? Well, because they know what pain is, and every other little moment that doesn't cause that emotion, really stands out to them more.

"What Is Depression? Understanding Sadness and Clinical Depression". WebMD.com

WebMD. 2005-2014. Web. 30 April 2014.

"A Quote by Stephen Fry." Goodreads. N.p., n.d. Web. 5 May 2014.