



IS IT DEPRESSION, STRESS, OR SOMETHING ELSE?

Nearly seven percent of Americans struggle with depression every year. At first glance, depression can feel a lot like grief, stress, or just plain old sadness that causes individuals to delay treatment. However, depression tends to get worse over time. The longer you wait to seek help, the more difficult it may become to get better. This is further complicated by the fact that everyday stress can sometimes cause depression. Not sure whether it's depression or something else? Consider reaching out to a therapist. If you're not ready for therapy, consider these common symptoms of depression.

DEPRESSION LINGERS

When you're feeling stressed or sad, you can count on feeling better when things get better. However, depression tends to linger, even when life is good. Depression seems to vanish when you get a temporary boost; whether is be from an award at work or a night out on the town. Unfortunately, with depression, odds are good you'll be feeling miserable again in a day or two.

DEPRESSION GETS WORSE

Most painful emotions tend to get better over time, especially if they're the result of a specific traumatic event. For example, your sense of shame over losing your job will likely be worse the day it happens than it is three months down the road. However, depression gradually gets worse without treatment. It tends to spiral, getting steadily worse with each passing day.

DEPRESSION IS MORE THAN SADNESS

Many people mistakenly believe that to be depressed, you have to cry all the time. This isn't always the case. Some people with depression, especially men who are raised to bottle their feelings, may not feel sad at all. Some other common symptoms of depression include:

- Difficulty concentrating
- Loss of interest in activities you once enjoyed
- Changes in sleeping or eating habits
- Anger
- Problems in your relationships
- Feelings of shame, guilt, worthlessness, or hopelessness
- Drug/alcohol abuse

If you live in the Chicagoland area and need help navigating your way out of the fog of depression, I can help. You are welcome to contact me [here](#).



Jamie Rogers ([Hemisphere Counseling](#))