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Humanities

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Sadness and Depression

Depression and sadness are emotional feelings that causes you to feel upset. Researchers show that “*Depression, also known as major depression, clinical depression or major depressive disorder is a medical illness that causes a constant feeling of sadness and lack of interest. Depression affects how a person feels, behaves and thinks*” (“What is Depression”). Depression is something that can be treated with medication such as “mirtazapine, nefazodone, and nortriptyline” (“Popular Depression Medications”).

Depression keeps us from being happy. People who have low levels of depression can be less aggressive, angry, and a happier person. Eating foods like fish, kidney beans, walnuts, etc can reduce your levels of depression. Young teens should know this because researchers say “*Depression can destroy the very essence of a teenager’s personality, causing an overwhelming sense of sadness, despair, or anger.*” (“Teen depression”).

Sometimes I get depressed. If something goes wrong or if I get in trouble, it makes me feel sad. I try to see the better things in my life and it helps me a lot. I think people should look at the things that they have rather than feeling bad about what they don’t. I was bullied when I was in middle school and I felt depressed and sad. Every day I was being made fun of and I cried at least once a week. Depression is something you can fix by getting help, ask an adult or a teacher or someone that you can talk to.

Work Cited

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