**The Difference between Depression and a Low Mood**

Everyone experiences stressful times and low mood occasionally. Usually, this is related to an event in life such as working too long hours, or a tragedy that you’re coping with. But these types of low moods usually pass eventually.

When a low mood doesn’t pass, usually within about two weeks, or you cannot identify why you’re feeling bad, then you may be suffering from depression.

In addition, there are other illnesses that you can have that manifest as low moods, such as thyroid disorders, low vitamin D3 levels in the blood, and even anxiety. It’s imperative that you seek professional diagnosis to ensure that what you really have is depression before you try to treat your condition.

Remember that sadness like other feelings is a valid, human emotion. Everyone who feels low is not depressed. When you’re sad, it’s likely that someone can still make you happy, or you can listen to happy music, or do your favorite hobby and feel better. But, when you are depressed you cannot find joy in even the things that used to give you joy, no matter what they are.

Depression may happen even at the happiest time of your life because it has nothing to do with outward events. While it’s true that sometimes depression can be triggered by a normal life event that you’re having trouble accepting and getting over, usually it just happens for what seems like no reason.

It’s not different from getting another disease such as diabetes. It has a physiological reason for happening even if we’re not totally sure yet what causes it, but it has a treatment that can help you manage it or cure it.

When you are depressed, you cannot just snap out of it. You can’t just listen to a happy song, play with your kids, go for a walk, read positive things, or write a journal and expect it to magically go away.