Psychology Month, Dufferin-Ped C.D.S.B.

Is it more than just the winter blahs?



Everyone gets the winter blahs sometimes. Feeling sad on occasion occurs in most people and is normal. Ongoing depression is not. But how can you tell the difference? Here are some guidelines.

	Sadness	Depression
	Everyone experiences sadness at times.	Not every It can be v
	Sadness tends to happen in response to certain events (e.g., the death of a loved one, the break-up of a relationship, or even our long Canadian winters!).	Sometime