Reaction Paper

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Author Note

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Just like happiness, joy and any other emotion that you go through in life, sadness is an integral part of life. However, time and circumstances can cause one’s ability to deal with sadness in a productive manner diminish. This slowly changes our outlook on life.

Reading about depression and its various forms made me wonder how many of us cope with this issue on a daily basis, without even knowing what we are going through. All we feel is a sense of loss and hopelessness that doesn’t go away. Even with the amount of research done on the subject, most of us are completely unaware of what we, and the people around us, are going through. This makes me feel sad. Having nobody to share with what you are feeling and going through, it is easy to keep spiraling down the rabbit hole, one you cannot escape from alone. One can easily deal with physical illness, but depression is an ailment that takes a lot out of the person to be elevated. In my opinion, this makes the entire experience even worse.

“My Sad Tree” is a wonderful illustration and demonstrates a brilliant way to deal with depression. Using a tree to represent a person feels in a good way to give a physical representation to an abstract feeling. It is a common belief that once you can see a problem, dealing with it becomes easier. For instance, in the story, the young military woman was dealing with hopelessness and depression for months, but she couldn’t cope with her depression because she didn’t know how. It was until she sought help, that she could see her present state of mind being represented and then work towards trying to elevate her state of mind and get better. It may be a small effort, but if it makes someone evade the common cold of mental illness, it is certainly for the better.