

## **Is Money Invariably Linked with Depression?**

To say that depression is invariably linked to money is a very broad statement. The short answer would be 'yes' because people who are depressed either have money or they don't. The long answer is no. No. No!

Money, usually called 'financial strain', is considered a risk factor of depression. A risk factor is not an invariable link. It simply means that if a circumstance exists in your life that you may be at risk for depression. What does financial strain mean? Does that mean the financial strain of being poor or of being wealthy?

Evidence of money being unrelated to depression is shown in the 2004 study of depression by the Department of Health & Human Services. The numbers in that study show that men with an income less than \$20,000 a year were only slightly more depressed than men with an income over \$75,000 a year. More interesting are the numbers for women. Women with larger incomes were more depressed than women with small incomes. Apparently, depression is an equal opportunity disorder.

More proof that having money is unrelated to depression is the long list of famous people who have suffered from depression; people who have annual incomes well above the average citizen. Princess Diana, Harrison Ford, and Brooke Shields are all on the list. Does this mean having money is a link to depression? If money could buy happiness wouldn't these people have bought it?

Neither poverty or wealth are invariably linked to depression. And, neither depression or happiness are invariably linked to money. Both are inside jobs.

"Happiness cannot come from without. It must come from within. It is not what we see and touch or that which others do for us which makes us happy; it is that which we think and feel and do, first for the other fellow and then for ourselves." Helen Keller

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