

Why Am I So Sad?

What to Know

It's normal to feel sad sometimes. Lots of things can make you feel sad, like feeling left out, being called names, losing a game, or missing someone. Changes can make you feel sad, too. Sad feelings—like all emotions—are just a natural part of life. But it doesn't feel good to stay sad for a long time. Keep in mind that:

- you can cope when sad things happen.
- you can do things to ease your sadness and feel better.

Here are some ways to deal with sad feelings:

1. Notice how you feel and why. Don't ignore that you're sad or pretend you don't feel it. Just observe what feelings are inside you. Then, name them. Think of the words for how you feel and why. Tell yourself (or someone else) that you feel sad. Figure out why you feel that way, but don't dwell on the feeling or create drama around it. Remind yourself that your sadness will pass.

2. Accept. It's OK to feel how you feel. Don't be mad at yourself. You might think, "When I wasn't invited to the party, it hurt my feelings. No wonder I feel this way!" Show yourself understanding—there is probably a good reason you feel sad. Remember, sometimes you can't change things that happen, and you might have to accept things for how they are right now.

3. Think positive. Even if you're sad, think of one or two good things about yourself or your life. Imagine what you can do and how things can get better.

4. Problem-solve. Coming up with ways to cope with a situation can help you feel strong, confident, and good about yourself. If you need help finding solutions, ask.

5. Get support. The people in your life who believe in you and care (like parents, siblings, friends, or teachers) can comfort you. Sometimes, you just need someone to listen. Maybe they can help you problem-solve or think of things to help you feel better.

7. Feel better. Let go of your sad mood by doing things that make you feel better. You don't have to be 100% happy, just happier. What can help you get there?

- think about a time you had fun
- watch a funny video
- play music

- ride your bike
- hang out with friends
- take a walk or go for a run
- play a sport
- dance
- play with your pet
- make art or do a craft

What if you're not ready to feel better? Maybe something has you feeling incredibly sad, and you just can't find a way to feel better. Sometimes that happens. Maybe you need some time or figure out another way to cope with your sadness. You can:

- find a way to let the sadness out, like have a good cry.
- express your sadness through drawing, painting, or writing a poem or song.
- talk about your feelings with someone who cares about you. They don't have to cheer you up or offer advice—they can just listen.

If you have trouble feeling better, tell an adult. Ask them to help you.

What to Do

Write down why you are sad.

How long have you been feeling this way? _____

What are some other feelings you are feeling? For example, you might feel sad and mad.

How does your body feel? Where in your body do you feel sad? Be specific.

Has anything (so far) helped you feel better? Why or why not?

What do you need right now?

Who can you talk to? _____

Think about some times in the past you felt sad. What did you do to make yourself feel better?

On the next page is your "sadness bag." Decorate the page with stickers, drawings, colored pencils, or markers. Write down or draw all the things you can do to help yourself feel better. Put this sheet in a place where you can refer to it when you're sad. You might share it with an adult who cares about you.

Be sure to ask for help if you are having a hard time bouncing back.

