

# Sadness

## Ways to recognize and cope with sadness

### What causes sadness?



#### Some triggers for sadness include:

- being ignored by a friend
- endings and goodbyes
- feeling sick
- losing someone important to you
- getting a bad grade
- being bullied at school

### What sadness looks like



#### Some signs you are feeling sad:

- feeling upset or angry
- sleeping a lot or having trouble sleeping
- losing interest in things you usually enjoy
- heaviness in your heart
- trouble focusing
- thinking about an event over and over

### Coping with sadness

**When you feel sad, you might also feel hopeless.  
But, there are things you can do to feel better.**

- watch something funny
- relieve the sadness by crying
- journal to help process the sadness
- play a game
- call a friend for support
- take a hot bath or shower
- hold, squeeze, or hug something soft or fuzzy