

When you're sad ONCE IN A WHILE

Your sadness may be a natural response to a significant loss or disappointment in your life. You could experience brief periods of intense emotions, but they don't seem to last.



QUICK TIPS

- Your emotions aren't bad, it's ok to feel sad sometimes.
- The impact of your loss will lessen with time.
- Consider your physical, social, and spiritual health.

Action Steps (CHOOSE 5 THIS WEEK)

- JOURNAL Take 20 minutes and write about the cause of your feelings.
- HEALTH Make a healthy food choice (eg. choose a fruit over chips).
- FRIENDS Text a friend and set a date to connect.
- ACTIVITY Go for a walk today. *Get your body moving.*
- SLEEP Go to bed early tonight.
- SPIRITUAL Connect with your faith for emotional support.
- TASK Accomplish one task. Stop and celebrate!
- HELP Look for a way to serve others.
- EXPRESS Find a creative way to express your sadness.
- JOY Do something that brings you joy + comfort.

Remember

If your emotions intensify or don't improve after a few weeks, consider seeking professional help.