

MEDIUM INTENSITY GUIDE

**Get help now
#988 (Call or Text)**

When you feel sad **REGULARLY**

Feeling sad sometimes is a normal part of life. However, when sadness becomes a regular occurrence, it may be time to take purposeful action to address your emotions.



QUICK TIPS

- Remember, your emotions are natural and normal.
- If you feel stuck, reach out for professional support.
- Consider your physical, social, and spiritual health.
- Your sadness may be moving toward depression.

Action Steps (CHOOSE 5 THIS WEEK)

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| <input type="checkbox"/> JOURNAL | Take 20 minutes and write about the cause of your feelings. |
| <input type="checkbox"/> HEALTH | Make a healthy food choice (eg. choose a fruit over chips). |
| <input type="checkbox"/> SHARE | Let a trusted friend know how you're really doing. |
| <input type="checkbox"/> ACTIVITY | Go for a walk today. <i>Get your body moving.</i> |
| <input type="checkbox"/> SLEEP | Go to bed early tonight. |
| <input type="checkbox"/> SPIRITUAL | Connect with your faith for emotional support. |
| <input type="checkbox"/> TASK | Accomplish one task. Stop and celebrate! |
| <input type="checkbox"/> HELP | Look for a way to serve others. |
| <input type="checkbox"/> EXPRESS | Find a creative way to express your sadness. |
| <input type="checkbox"/> JOY | Do something that brings you joy + comfort. |
| <input type="checkbox"/> COUNSEL | Consider chatting with a professional counselor. |

Remember

When your feelings of sadness stick around and start interfering with your life, you may be experiencing depression. Depression is a serious medical condition. It is not weak or selfish to ask for help, and you're not a burden. Taking steps now to help yourself heal can save you from serious consequences down the line.