

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)

<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.