



## Lesson 5: What To Do When You're Sad - Things To Know

Everyone feels sad at times. It's OK to feel sad. But don't let sad feelings take over or ruin your day. You can cope. And you can do things to feel better.

Here are steps you can take to keep sad feelings from lasting too long or becoming too strong:

- **Step 1. Notice and name.** Notice the way you feel. Think of the name for your feeling. Think of why you feel that way. For example, "I'm sad because my friend can't come over."
- **Step 2. Accept and understand.** It's natural to feel sad or disappointed when something doesn't happen the way you want. Sometimes you can't change what happens. It's OK to feel the way you do. But after you notice and understand your feeling, let sadness melt away. Now you can think, "Oh, well." And, "Maybe my friend can come over next time."
- **Step 3. Feel better.** Do something that helps you feel a little better. Have fun, relax, and let yourself feel happier.

If you're sad over something big and you're not ready to feel better yet, try these extra steps:

- **Share it.** Tell someone you feel close to about how you feel and why. They don't have to give you advice. They don't have to cheer you up right away. They can just listen. They can understand how you feel — and see why you feel that way. They can show they care. This may be all you need to move on to **Step 3 above — feeling better.**

If you're still not ready to feel better, that's OK. Here are more things to do:

- **Work it out.** Maybe you're sad over a problem that needs to be worked out. Ask for help to figure out what to do.
- **Cry it out.** Sometimes you need a good cry when you feel sad. It's OK to cry and let your sadness out.
- **Draw or write.** Use pictures, colors, or words to let sadness out. Draw or write what made you sad. Show what it was like. Show how it felt.
- **Notice the good.** Look for something good in the sad situation. Even if it's really small. When you notice the good, you plant seeds for a happier mood.

Now you're ready to go to Step 3. Help yourself feel better.

Ask an adult for help if you are:

- feeling very sad
- having trouble coping with sadness