

# Dealing with Sadness

Sadness is a natural emotion. It can hurt, but you will get through it.

## Do



**Do** accept and express your feelings.

**Do** talk to those you trust.

**Do** think about what makes you sad.

**Do** encourage yourself with positive self-talk.

**Do** express your sadness through art or exercise.

**Do** cry if you need to.

## Don't



**Don't** ignore or bottle up sadness.

**Don't** withdraw from friends and loved ones.

**Don't** blame yourself for your feelings.

**Don't** use negative self-talk.

**Don't** express your sadness by hurting others or yourself.

**Don't** feel ashamed about crying.