

25 HEALTHY WAYS TO DEAL WITH SADNESS

1. Cry.
2. Ask someone to help you write a poem.
3. Draw a picture.
4. Talk about your sadness with someone you trust.
5. Find some quiet time.
6. Take a deep breath.
7. Pet an animal.
8. Do something you like to do.
9. Get a hug.
10. If there is something you need, ask for it.
11. Take a walk.
12. Make a wish.
13. Take a bath.
14. Make sad faces in the mirror.
15. Remember that sadness is a part of life.
16. Rest.
17. Feed the birds.
18. Wrap yourself in a blanket.
19. Watch the clouds or the stars.
20. Listen to music.
21. Play with clay.
22. Listen to your body.
23. Watch a funny movie.
24. Look at your favorite book.
25. Play with your friends.