

WHAT TO DO IF YOU FEEL SAD



Write or draw how you're feeling - this helps get it out of your head!



Make sure to take care of your body too by getting lots of sleep, eating well and drinking enough.



Make a list of all the things you like about yourself and that make you happy.



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YOUR EMOTIONAL SUPPORT SERVICE



WHAT IS SADNESS?

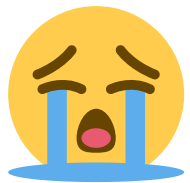
We all feel sad from time to time - *it can be for a few minutes or for a longer time.* Maybe days or weeks...

We can feel sad for different reasons - for example:

- if we're being bullied
- when we are hurt
- when we lose something (or someone)

...and many more!

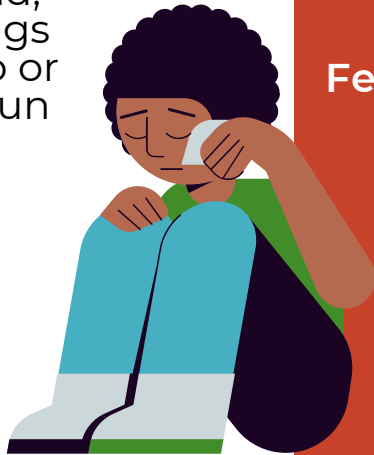
When we feel sad, it can make things *feel* harder to do or like they're not fun anymore!



REMEMBER...

It is okay to feel sad and upset - it's normal to not feel happy *all the time*.

It's also okay to cry and might actually help you feel better!



WHAT DOES IT FEEL LIKE?

When we are sad, it can change the way we feel, the way we think and the way we behave, such as...

Can't fall asleep & feel really tired



Want to be on your own



Don't want to do things that you normally enjoy



Feeling bad about yourself



Don't feel hungry



Can't sit still & fidgety



Feeling angry or grumpy



Can't focus at school



Moving really slowly



Looking after ourselves is really important - not just our bodies but our minds too!

When we're sad, this might mean doing something that we enjoy or that will cheer us up.

For example...

- Watching a funny film/video
- Reading a book or comic
- Listening to music & dancing
- Doing arts & crafts
- Talking to friends or family

