

Sadness

Sadness is a normal emotion that everyone feels from time to time. It is often felt during a time of loss or anticipated loss. Someone experiencing sadness may feel a sense of disappointment, hopelessness, helplessness or despair.

Sadness can also affect someone's physical well-being. A person who is sad may feel lethargic, melancholy or lack a sense of purpose.

How to Manage Sadness:

- Give yourself permission to be sad; it is a normal response to loss.
- Crying is therapeutic.
- Talk to someone about your feelings and experience.
- Focus on things you enjoy doing such as listening to music, going for a walk, drawing, painting, reading, being out in nature or writing in a journal.
- Get adequate rest. Sleep may be difficult, but try to maintain a routine schedule.
- Eat healthy foods and drink enough water.
- Find one thing in each day that brings you a moment of joy—a happy memory, a good meal, a shared laugh.
- Ask your Empath team about grief support services.

While sadness is a normal response to loss, thoughts of suicide, unexpected weight loss or an inability to perform daily activities may indicate a more serious issue. If you experience this, please seek the help of your family physician or healthcare professional.

Call Empath Health with any questions (888) 855-2838:

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