

## DEALIN' WITH FEELING

# SAD



Sad is how you feel when you're unhappy and find it really hard to smile because something bad has happened. Feeling sad is normal, but it is important to find healthy ways to cope so that you can be happy again. Read below to find out how you can start *dealin' with feeling sad*.



### FIGURE OUT WHY YOU FEEL SAD

There are a lot of things that can make people feel sad. You might be sad when you don't get your way, if someone calls you a name, or if your friends don't ask you to play with them. What are some other things that might make you feel sad? Knowing what's making you feel this way can help you figure out what you need to do to start feeling better.

### LET IT OUT

Sometimes you might feel sad and want to cry. This is OK! It is better to let yourself cry than to try to hold it in and pretend you're not sad. Crying can be good for you, because it helps get out the sadness, stress, and frustration from your body.

### DO SOMETHING TO MAKE YOU HAPPY

A good way of coping with a feeling you don't like is to replace it with another one. Think of things that make you smile or laugh. Tell yourself a joke, watch your favorite T.V. show, or listen to a silly song. Doing these things can help put you in a better mood. You can also try to be around people that you enjoy.

### LET THE PERSON KNOW

If someone said or did something that made you feel sad, you can let them know how you feel. If it is someone who cares about your feelings, they might apologize and work hard to not hurt your feelings the next time. It is always better to share your feelings if you can!

### TALK ABOUT YOUR FEELINGS

Sometimes just talking about your feelings can help you feel better. Find a friend or adult that you trust and share how you're feeling. They might be able to say or do things that help you start feeling better. If you've been feeling sad for a *really* long time, make sure to let an adult know.

# DEALIN' WITH FEELING FRUSTRATED

Dealin'  
with  
Feelings

Frustration happens when things aren't going as planned or something is keeping you from making progress. Frustration can often lead to anger which can make it even more difficult to cope. Read below to find out how you can start *dealin' with feeling* frustrated!

## RECOGNIZE YOUR WARNING SIGNS



Warning signs are changes that happen to you when you begin to feel frustrated. Do you start sweating more? Do you get annoyed easily by other people? Do you feel like crying? All of these could be warning signs that let you know that you are feeling frustrated. It is important to know what *your* warning signs are because that's when you should start using coping skills.

## FREEZE!

If you feel yourself starting to get frustrated with a task, stop what you're doing! Pause, if you can, and take time to decide what you should do next. Sometimes, trying to work through your frustrations might only lead to you getting angrier and coping in an unhealthy way. When you freeze, ask yourself what you think would be the best thing to do to help your frustration. You could take a break and do something else, try a new idea, or take a deep breath and power on!

## USE POSITIVE SELF-TALK

If you're working on something that is getting you frustrated, try using positive self-talk! Say encouraging words and phrases to yourself that will help you feel better and improve your mood. Try saying, "You can do it!" or "You're doing a great job – just keep at it!". What are some other things you can say to yourself to keep from getting more frustrated?

## ASK FOR HELP FROM OTHERS

Sometimes getting new ideas from other people can be helpful. Let someone know if you're having trouble figuring something out or if you are starting to feel frustrated. Let them know what they might be able to do or say to help you feel better. Sometimes just being able to open up to someone else about our feelings is helpful!

# 10 WAYS

## to Calm Down



1. Breathe in and out slowly 10 times.

2. Squeeze a stress ball.

3. Take a break and get a drink of water.

4. Talk to a grown-up.

5. Hug someone.

6. Draw a picture about it.

7. Write about your feelings.

8. Do some stretches.

9. Think of something happy.

10. Read a magazine or book.

