SADNESS | CARE FOR MYSELF WITH COMPASSION

Sadness can signal loss, exhaustion, disappointment, or a need for connection. Make room for the feeling while taking one manageable step.

Name what I feel

Today my sadness feels like _____. Its intensity is ___ / 10.

Identify what may be underneath

What happened recently? Is there a loss, unmet need, stressor, or change I am carrying?

Validate without judging

Finish: “It makes sense that I feel _____ because _____.”

Check my basic needs

What would support me today: water, food, rest, movement, fresh air, or connection?

One gentle action

Choose a 5–10 minute action I can realistically take today, even if my mood does not change immediately.

Reach toward support

One person I can contact is _____. I could say: “Could you _____?”