

Sadness



NEURODIVERSE
MADE

How your body feels:

GLOOMY:

Droopy head and shoulders. Sighing. Like a pebble in your throat or heart.



UPSET:

Your voice wobbles and your mouth points downward. Tears come out.



HEART-BROKEN:

Lot's of loud tears. Aching, like there's a heavy boulder in your throat or heart.



Why do we get sad?

We lost something precious

We feel unsafe

We missed out on a turn

We feel unwanted or alone

We feel dissapointed or let down

Our body has been hurt and feels in pain

Ways to process sadness:

help!



ASK FOR HELP
(IF YOU CAN).



ROCK OR GIVE
YOURSELF
GENTLE PATS



LET IT OUT!



HUG A
COMFORT
ITEM

Feelings aren't bad! They are messages. Listening to them helps us take care of ourselves.

Lydia Fox