

# Sadness

Sadness feels like the world is raining on you.

It's feeling that something is missing but not knowing what.

It's when you just can't find the strength to laugh.

It's when you can't see how the clouds will ever lift.



What does sadness feel like for you? Write it down here . . .

Being sad doesn't feel nice, but it's really normal and healthy to feel that way sometimes. But, if you're feeling sad a lot of the time, it's good to talk to an adult you trust about it.

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