

Name _____

Exploring Sadness and Finding Ways to Cope

Multiple Choice Questions

1. What is sadness?
 - a) An emotion that is never experienced by humans
 - b) A feeling of happiness and excitement
 - c) An emotional response to various life events
 - d) A physical illness

2. How can you cope with sadness?
 - a) By ignoring it and pretending it doesn't exist
 - b) By talking to someone you trust and sharing your feelings
 - c) By keeping your emotions to yourself
 - d) By watching TV all day

3. Which of the following is NOT a way to cope with sadness mentioned in the passage?
 - a) Engaging in physical activity
 - b) Eating nutritious foods
 - c) Ignoring your feelings
 - d) Practicing mindfulness and relaxation techniques

4. Why is it essential to talk about your sadness with someone you trust?
 - a) Because it's a requirement to get better
 - b) Because it can provide comfort and support
 - c) Because it's a sign of weakness
 - d) Because it will make your sadness go away instantly

5. How can expressing your feelings through creative outlets help with sadness?
 - a) It has no impact on your emotional well-being
 - b) It allows you to release pent-up emotions and gain a better understanding of your feelings
 - c) It can only make your sadness worse
 - d) It is not a recommended coping strategy

