Name _____

Exploring Sadness and Finding Ways to Cope

Short Answer

1. What are some physical manifestations of sadness mentioned in the passage?

2. Why is engaging in physical activity considered a helpful way to cope with sadness?

3. Name one way to practice mindfulness and relaxation mentioned in the passage.

4. How can setting realistic goals help combat feelings of sadness?

5. Why is it important to understand that sadness is a temporary emotion?

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