

Name _____

Exploring Sadness and Finding Ways to Cope

Short Answer Key

1. Physical manifestations of sadness can include a heaviness in the chest, tears, and a sense of emptiness.
2. Engaging in physical activity is considered helpful because it releases endorphins, which are natural mood elevators.
3. One way to practice mindfulness and relaxation is through deep breathing exercises.
4. Setting realistic goals can provide a sense of purpose and accomplishment, which can help combat feelings of sadness.
5. It's important to understand that sadness is temporary because it will eventually pass, and we will experience a wide range of emotions throughout our lives.

