

What to do when you're feeling blue

Let's be honest — we're not really taught how to cope with feelings. And in this "good vibes only" world, it's easy to feel bad about feeling bad. But we all feel sad from time to time.

Here are some ways to work through it:



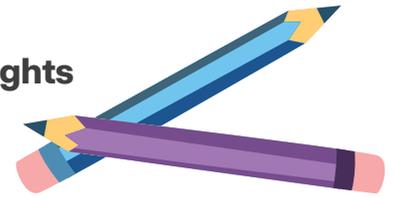
1 Allow sad feelings to exist

2 Don't avoid your feelings with food, alcohol, drugs, social media or TV



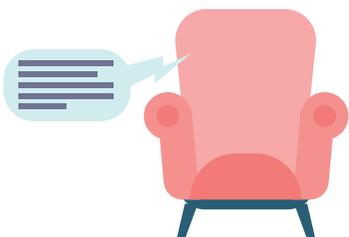
3 Notice the feeling in your body

4 Write down your thoughts



5 Talk to a friend

6 Express yourself through art



7 Process your feelings with a therapist

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