Managing Sadness During COVID-19

It is normal to experience feelings of sadness in response to difficult situations such as the COVID-19 pandemic. We offer the following tips to manage these feelings:

- **Maintain a daily routine of activities.** Schedule pleasant activities and commit to doing them even if you don’t feel like it.

- **Reach out.** When feeling down, look for support from people who make you feel safe and cared for. Even a short call can make a big difference.

- **Nurture your health.** Aim to get enough sleep, eat well, and engage in activities that are good for your mind and body, such as meditation and getting outside.

- **Exercise.** Exercise as a safe and effective way to boost our mood.

- **Challenge negative thinking.** When we feel sad, we are more likely to fall into negative thinking patterns that can make us feel worse. Try to challenge negative thoughts when you notice them. Ask yourself – is this thought 100% accurate? Is it possible to reframe the thought to view it from a more balanced perspective?

- **Seek professional support.** If your feelings of sadness are not responding to self-care strategies and are impacting your daily life, consider reaching out for support. See the following website for resources: takecare19.com/

Sources: Psychology Today (link), The Conversation (link), HelpGuide (link), Research Gate (link)