



## Dealing with Sadness

Millions of Americans struggle with forms of sadness, such as anxiety and depression? Do you know the difference between the two? Understand the warning signs for both and how to get help. Resources are available at [Health and Wellness Connect](#).

## Keep Sadness at Bay

We all deal with feelings of sadness from time to time. Grief over the loss of a loved one. A painful breakup. Struggles with health issues. They are just a few of the events that can affect us emotionally and physically. But if this lasts longer than two weeks, try these steps to feel better:

**\*Reach out to others.** Stay connected with people who care about you. The simple act of talking to someone about your feelings may change your mood and outlook.

**\*Create a “feel-good” toolkit.** Create a list of activities you enjoy. Whether it’s a nature walk, playing with a pet or watching a funny movie, do one or more each day.

**\*Move your body.** Aim for at least 30 minutes of exercise daily. Physical activity takes your mind off worries, helps you feel energized and releases good chemicals in your brain.

**\*Eat to feel better.** Give your body foods rich in depression-fighting B vitamins and omega-3 fatty acids. Leafy greens, citrus fruits, chicken, eggs, and fatty fish are good choices.

If you still struggle with depression, talk with a health care provider.

**Sources:**

*Coping with Depression.* Help Guide. 2019.

*Depression and Anxiety: Exercise Eases Symptoms.* Mayo Clinic. 2017.

*Depression Basics.* National Institute of Mental Health, National Institutes of Health. 2016.

*Coping with Depression.* Help Guide. 2019.

<https://www.helpguide.org/articles/depression/coping-with-depression.htm>

*Depression and Anxiety: Exercise Eases Symptoms.* Mayo Clinic. 2017.

<https://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495>

*Depression Basics.* National Institute of Mental Health, National Institutes of Health. 2016.

<https://www.nimh.nih.gov/health/publications/depression/index.shtml>