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By Cornelia Maude Spelman

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~~When I'm feeling sad book When I Feel
Sad Way~~

When someone else is sad, I feel sad,
too...Sad is a cloudy, tired feeling.

Nothing seems fun when I feel sad."

Children will take comfort in this story.

Readers will recognize similiar
experiences in their own lives as this little

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guinea pig describes feeling sad when someone is cross or when something bad happens. Eventually our heroine realizes that feeling sad doesn't last forever.

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Symptoms of a general low mood may include feeling: sad; anxious or panicky;

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more tired than usual or being unable to sleep; angry or frustrated; low on confidence or self-esteem; A low mood often gets better after a few days or weeks. It's usually possible to improve a low mood by making small changes in your life.

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~~Get help with low mood, sadness or
depression - NHS~~

In reality, depression can take more forms than just a feeling of profound sadness.

You may feel tired, low in energy, or lack in any real sense of joy without necessarily feeling sadness or being weepy. 1 ? Your symptoms have

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developed slowly. Depression can develop gradually over an extended period of time.

~~What to Do When You Feel Sad and Don't
Know Why~~

Sometimes, just a few rainy days can make you feel depressed. During rainstorms, some people's tendency is to

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turn off the lights and crawl in bed.
Clinical psychologist, Tecsia Evans,
Ph.D., says it is better to turn on the lights.
Studies have shown that light can increase
serotonin, which improves our mood.

~~Why Do I Feel Depressed Every Once in a
While for No Reason?~~

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This book is about a guinea pig who sometimes feels sad. He talks about all the different things that make him feel this way. For example, he talks about when he misses his friends and family, when his friends don't want him to play with him, and when he gets hurt.

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~~When I Feel Sad by Cornelia Maude
Spelman~~

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When things happen it is totally normal and part of human experience for us to feel sadness, pain, hurt or disappointment. Learning to accept those feeling and deal with them in constructive ways...

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~~Feeling Sad? Try These 5 Ways to Feel
Happy Instead~~

Psychotic depression Depression is more than simply feeling unhappy or fed up for a few days. Most people go through periods of feeling down, but when you're depressed you feel persistently sad for

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weeks or months, rather than just a few days. Some people think depression is trivial and not a genuine health condition.

~~Clinical depression - NHS~~

Try these coping strategies if you're feeling depressed. Stay in touch. Don't withdraw from life. Socialising can

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improve your mood. Keeping in touch with friends and family means you have someone to talk to when you feel low. Be more active. Take up some form of exercise. There's evidence that exercise can help lift your mood.

~~Tips for coping with depression - NHS~~

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Feeling ‘sad’, as opposed to ‘angry’, ‘resentful’ or even just ‘unsure’, suggests they may be at the tail end of a long period of conflict, and may even be near the point where they simply feel like giving up.

~~My relationship is making me sad | Relate~~
My daughter loves this book. All books in

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this series are very well written, easy for my 3 year old daughter to understand, words flow nicely. Talks about what the emotion feels like, what can cause us to feel sad, everyone feels this way sometimes, what can we do to feel better, and that we won't always feel this way.

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Spelman, Cornelia ...~~

highlighting while reading When I Feel Sad (The Way I Feel Books). When I Feel Sad (The Way I Feel Books) - Kindle edition by ... Depression is a disorder that is evidenced by excessive sadness, loss of interest in enjoyable things, and low

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motivation. It is normal to experience feelings of sadness and despair in response to adverse life events.

~~When I Feel Sad Way I Feel Books -
eostamagarakis.com~~

When someone else is sad, I feel sad,
too...Sad is a cloudy, tired feeling.

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Nothing seems fun when I feel sad."
Children will take comfort in this story.
Readers will recognize similiar
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happens. Eventually our heroine realizes
that feeling sad doesn't last forever. show

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Depression (major depressive disorder) is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it

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is also treatable. Depression causes feelings of sadness and/or a loss of interest in activities you once enjoyed.

~~What Is Depression?~~

Explore celebrity trends and tips on fashion, style, beauty, diets, health, relationships and more. Never miss a beat

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