

MORE ACCESS TO NOW

WHY BLUER THAN BLUE ISN'T SO BAD...




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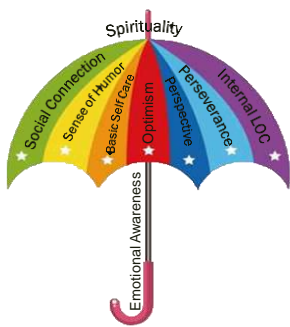
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Emotional Resilience: Our ability to weather the storm




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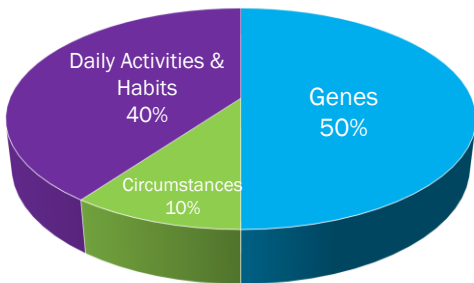
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Resilience Make-Up




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### FEELING WORDS

<b>MAD</b> 😡	annoyed, irritated, crabby, cranky, grumpy, grouchy, bugged	mean, ticked off, mad, angry, frustrated, impatient, fed-up, smoldering	hot, fuming, infuriated, destructive, violent, enraged, furious, bitter, explosive
<b>SAD</b> 😞	blah, blue, gloomy, sad, unhappy, bummed, heavy	ragged, disappointed, hurt, lost, sorry, lousy, down, discouraged, withdrawn	empty, hopeless, awful, miserable, crushed, helpless, depressed, heartbroken, unloved
<b>GLAD</b> 😄	content, calm, comfortable, cozy, safe, relaxed, relief, satisfied, interest, light-hearted	peaceful, delightful, happy, thankful, wonderful, grateful, cheerful, proud, great, bubbly, tickled, loved/loving	strong, jolly, silly, frisky, joyful, excited, blissful, empowered, alive, sparky, ecstatic, terrific, jubilant
<b>BAD</b> 😓	<b>GUILT</b> sorry, regretful	guilty, jealous	embarrassed
<b>SHAME</b> 😳	responsible, weird, small	self-conscious, remorseful, inadequate	ashamed, disgust, self-disgust, humiliated, mortified, contempt
<b>SCARED</b> 😨	uncomfortable, startled, uneasy, tense, worried, concerned	anxious, timid, scared, afraid, frightened, fearful, trembly, shaken, disturbed, dread	alarmed, threatened, unsafe, panicky, terrified, horrified, petrified

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## Why Bluer than Blue Isn't So Bad

- Sadness in Depth
- Sadness: Avoiding, Costs, Benefits
- Feel your Sadness Exercise
- Identifying Depression

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## Sadness in Depth



- Body Sensations
- Sadness Flavors
- Sadness Causes

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## Body Sensations

- Heavy, slow, out of it
- Eyes dry & scratchy
- Face feels like a mask/tight
- Shallow breathing
- Tears & sobs

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## Sadness Flavors

- Unhappy
- Discouraged
- Dejected
- Sorrow
- Remorse
- Grief



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## Causes of Sadness

- Sense of loss
  - *Tangible*
  - *Fantasy*
- Smokescreen for other emotion: Anger
- Sadness masking as a physical needs
  - *Hormonal*
  - *Hunger*
  - *Fatigue*
  - *Low blood sugar*

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## Avoiding Sadness

- **Why** do we avoid sadness?
  - *Sadness can be unpleasant, painful, terrifying*
  - *Not entitled to feel sad*
- **How** do we avoid sadness?
  - *Keeping busy*
  - *Deflecting*
  - *Over-focusing on others*
  - *Food/alcohol*
- What are the **costs** of avoiding sadness?
  - *Stress & health crisis*

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## Sadness helps us...

- Experience happiness & joy
- Appreciate what we have
- Be tender and compassionate
- Create what comes next

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## Handling Sadness



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## Identifying Depression

- Pervasive sadness or grief about something in the future
- Hopelessness without end
- No good choices
- Life not worth continuing

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## Signs of Depression

- Nothing brings you joy
- Significant weight loss/gain
- Insomnia or hypersomnia
- Agitation, restlessness, irritability
- Fatigue or loss of energy
- Feelings of worthlessness, hopelessness, and guilt
- Inability to think or concentrate, or indecisiveness
- Recurrent thoughts of death

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