

# Writing about Sadness

**Sadness** is a feeling of unhappiness. Like all emotions, sadness can occur for short or long periods, and it can vary in intensity. Remember that sadness is normal and common; it's something we all experience!

Exploring sadness can be tough. We encourage you to be gentle with yourself as you do this work. Take breaks, take deep breaths, reach out and text or talk with someone, go for a walk, or do something else that helps you feel balanced and grounded. Explore sadness through one or more of these writing prompts:

1. What are things, people, songs, poems, places, or experiences that make you feel sad? List as many as you can think of. Then, look back over your list. Do you notice any patterns, similarities, or differences? What might those patterns or similarities mean, or what seems significant about them?
2. What's one item from your list above that is surprising, interesting, or compelling to you right now? What would you like to say to that thing, person, place, or experience that makes you sad?
  - a. What was it like writing to something that makes you sad? How do you feel after doing that writing?
3. What do you say to others when they are feeling sad? How do they react? What would it be like to say those same things to yourself?
4. What things people say when you're sad bother you? What would you like them to say or do instead? How might you communicate this effectively?
5. What could you do *for someone else* who is feeling sad? Drop off dinner? Send flowers? Sit with them? Give them space? Encourage them to go on a walk? What could you do *for yourself*? Exercise? Retail therapy? Comfort food? A hot bath?

**See [ypsiwrites.com](http://ypsiwrites.com) and [Washtenaw.org/wishyouknew](http://Washtenaw.org/wishyouknew) for additional information, writing prompts, workshops, and opportunities to engage!**

