

When You're Feeling Sad: A Self-Check Worksheet for Youth

by Inclusion Together Media

1. How Do I Feel Right Now?

Write or draw what you're feeling. It could be a word or a picture that best describes your sadness.

2. What's Causing My Sadness?

Think about what might be making you feel this way. It could be something recent or from a long time ago.

3. What Does My Sadness Feel Like?

Describe or draw where and how your sadness feels. Does it hurt? Does it feel heavy or like something's missing?

4. What Can I Do to Feel Better?

Choose something that helps you feel better when you're sad:

- ☐ Talk to someone I trust
- ☐ Take deep breaths
- ☐ Listen to calming music
- ☐ Write about my feelings
- ☐ Do something creative (draw, paint, write, etc.)
- ☐ Get outside
- ☐ Do something kind for someone else
- ☐ Take a break or rest
- ☐ Other: _____

5. Who Can I Talk To?

List someone who can help when you're feeling sad:

1.

2.

6. A Comforting Thought

Write a thought or reminder that could help you feel better.

Example: “This feeling won’t last forever.” or “I am strong, and I will get through this.”

7. How to Get Help

If you’re feeling sad and it’s hard to cope with, it’s okay to ask for help. Here’s what you can do:

☐ Talk to a parent, teacher, or trusted adult.

☐ Reach out to a counselor or therapist.

☐ Call a crisis helpline (1-800-273-8255 for the National Suicide Prevention Lifeline).

☐ Talk to a friend who is a good listener.

☐ If you feel like you’re in danger or need immediate help, don’t wait. Call 988 or go to the nearest hospital.

Remember, asking for help is a sign of strength, not weakness.

You are doing your best. It’s okay to feel sad sometimes. You matter.

Inclusion Together Media Creating spaces where every person belongs.

