
Why Am I So Sad?

Feeling down? Got the blues? You're not alone. **Everyone** gets sad. Yes, everyone you've ever met. Some people have sad feelings just once in a while, and others may have sad feelings pretty often. More than half of teenagers go through a sad period at least once a month and plenty of younger kids do, too.



When you're in a sad mood, it may feel like it will last forever, but usually feelings of sadness don't last very long - a few hours or maybe a day or 2. A deeper, more intense kind of sadness that lasts a lot longer is called **depression** (say: dih-preh-shun).

What Is Sadness?

Sadness is a feeling - it's one of the many normal human emotions, or moods, we all have. Sadness is the emotion people feel when they've lost something important, or when they have been disappointed about something, or when something sad has happened to them or to someone else. When they're lonely, people often feel sad.

When you're sad, the world may seem dark and unfriendly. You might feel like you have nothing to look forward to. The hurt deep inside may crush your usually good mood.

Sadness makes you feel like crying, and sometimes the tears are hard to stop. Crying often makes you feel better.

Sometimes when your mood is sad, you just feel like being alone for a little while. Or you might want someone to comfort you or just keep you company while you go through the sad feeling. Talking about what has made you sad usually helps the sad feeling melt away.

When sadness starts to go away, it can feel like a heavy blanket is being lifted from your shoulders.

When Is It Natural to Feel Sad?

Feeling sad every once in a while is natural. Maybe you didn't get something you really wanted. Maybe you miss somebody. Maybe somebody you really like doesn't want to be friends, and you don't feel so great about yourself. Maybe an illness or condition gets in the way of doing some things you want to do or makes you different from your friends. There are lots of reasons that people feel sadness.

Most of the time, sadness is because of a loss or separation, a difficult change or disappointment about something, or relationship problems.

Loss and Separation

This is the most common cause of sadness. It's a very sad thing to lose someone or something that you care about. There are many kinds of loss. The death of a relative, friend, or pet can bring weeks or months of sad feelings. The kind of sadness you feel from the death of a loved