

one has a special name - grief.

Other kinds of loss or separation from important people can also bring sadness, like people close to you getting a divorce. Sometimes it is hard to think straight because you cannot get your mind off your loss. Usually, the load of sadness you carry after a loss will lighten over time, although for a really big loss, there may always be a little bit of sadness left.

### **Changes**

Changes that involve leaving something (or someone) behind, like moving to a new town or changing schools and leaving old friends can make you feel sad, too. The arrival of a new brother or sister may make you feel sad even though everyone thinks you should be happy to have a new sibling.

### **Disappointments**

Disappointments like losing a game you hoped to win, getting a poor grade, or not being invited to a party can cause sadness. Sadness is a natural reaction to those things. How sad a person feels is usually related to how big or small the loss or disappointment is.

### **Relationships**

Relationships bring happiness and fun most of the time. But tension or conflict in important relationships, or relationships that break up, can cause sadness, too. Many kids fight with family members, especially their parents, in the struggle to grow up and gain independence.

People often feel sad when all is not right between them and their loved ones, or when they get criticized or yelled at a lot. They fight about things like money, clothing, haircuts, school, and friends. In school, problems with teachers and grades may cause some sadness as well.

### **More Stuff That Makes Kids Sad**

Other kids, both friends and enemies, can cause hurt feelings and sadness through fighting, teasing, peer pressure, not giving you support, or leaving you out of group activities. Feeling misunderstood by people close to you can lead to feelings of sadness.

Sometimes with sadness, there are other feelings mixed in, too. When you're sad, you might also feel angry or guilty. You might feel like blaming others or blaming yourself. Some kids mistakenly think that sad events like death, illness, or divorce are all their fault - but this isn't true. Kids don't cause these things to happen.

### **When Is Sadness a Problem?**

If a sad feeling goes on for too long, hurts too deeply, and makes it hard for you to enjoy the good things about your life, it's called depression.

Here are some of the signs and symptoms of depression:

- feeling empty or numb
- feeling hopeless (like there's nothing to look forward to)
- feeling guilty or worthless
- feeling lonely or unloved
- feeling irritable and annoyed a lot (every little thing gets on your nerves)
- feeling like things are not fun anymore
- having trouble keeping your mind on schoolwork or homework or getting bad grades
- having trouble keeping your mind on things like reading or watching TV or not remembering what a book or a TV show was about
- having less energy and feeling tired all the time