
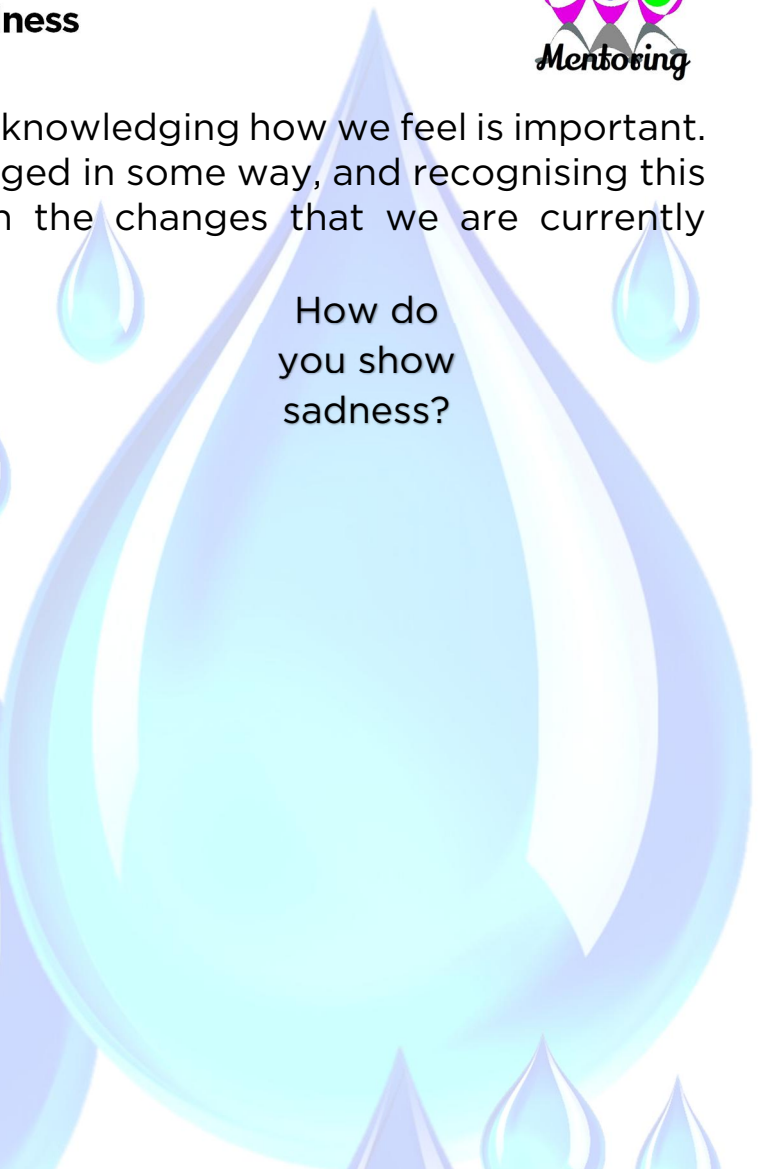


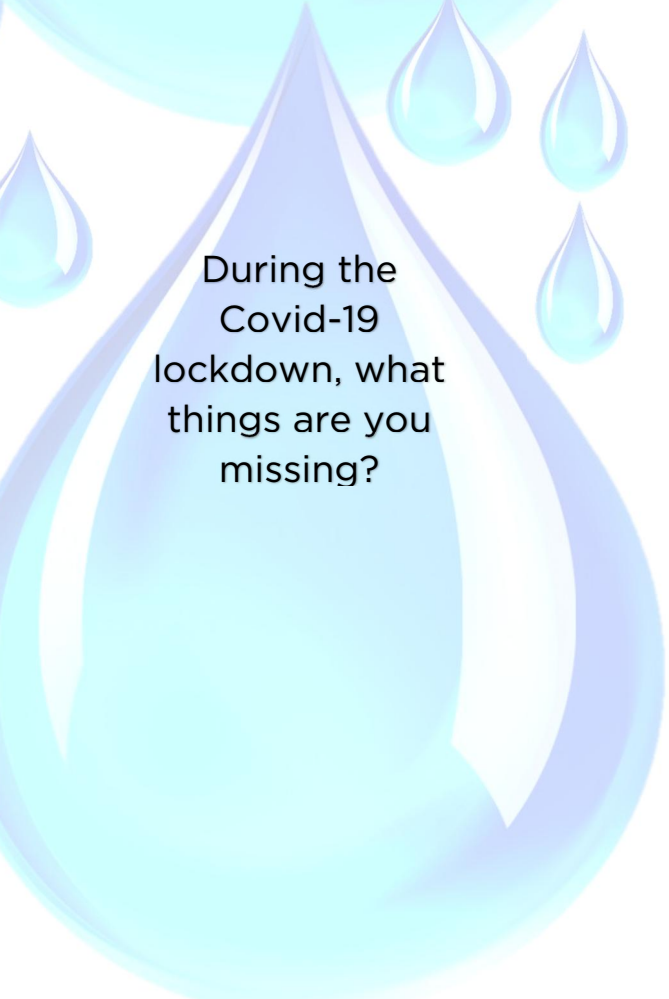
We all feel Sadness sometimes and acknowledging how we feel is important. We may be sad because life has changed in some way, and recognising this is an important way of coping with the changes that we are currently experiencing.



What
things
make you
feel sad?



How do
you show
sadness?



During the
Covid-19
lockdown, what
things are you
missing?



What brings us to tears,
will lead us to grace.
Our pain is never wasted.
Bob Goff

In the midst of sadness, it is important to recognise that there may be some good happening or things to be grateful for; they may be small but they are there. Acknowledging good things doesn't take away our sadness but it helps us to change our perspective.

Use this space to write down positive things that are happening, or that which you are grateful for.

When you are feeling sad, what things
Have made you feel better? It may be people,
activities or things that you have thought about.

When you feel sadness, consider
who you can spend time with. You
may not want to talk, and that's
OK - but just being with someone
else can help.

God says: 'I will never fail you.
I will never abandon you.'
The Bible: Hebrews
Chapter 13 Verse 5
(New Living Translation)

