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Empowered Living #60 – Dealing with sadness

Fall 2023

I typically love the fall – warm days, cool evenings, and beautiful fall colours. I also enjoy that “back to school” excitement, plus I love Halloween and Thanksgiving (and my October birthday)!

This year feels a bit different though, as I brought my firstborn to university. I am thrilled for him...but if I'm being honest, a little sad for me. Sometimes it's hard to let go...

The leaves falling from the trees is a reminder that everything in life is transitory. Few things stay the same for long...relationships, careers and health come and go, and often during transition periods we're left feeling a strange emptiness or sense of loss.

Sadness can be caused by many things...death, divorce, break-ups, job losses, health challenges, an empty nest, loneliness. Regardless of the cause for you, this month's issue is about dealing with our natural feelings of grief and sadness, so we can move through and prepare for brighter days ahead!

Upcoming events

- **September 28** – [Single Gals anniversary dinner](#) (Ottawa in-person event)
- **October 10** – [Lemons to Lemonade](#) (1-hour online masterclass)
- **November 25** – [Heartbreak to Breakthrough](#) (1-day virtual event)

Resources



[What to do \(and not to do\) when a relationship ends](#) – The steps to take (and habits to avoid) when you go through a break-up or divorce



[When you lose someone you love](#) – How to deal with feelings of grief when a loved one dies



[Overcoming loneliness](#) – Discover the key causes of loneliness and corresponding solutions

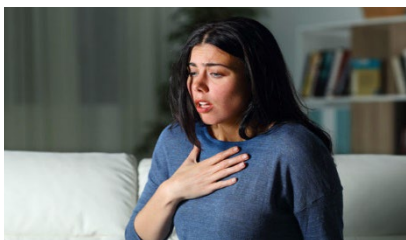
Empowerment tips: 5 steps to overcome sadness

Sadness is a universal emotion that touches everyone's life at some point. Here are 5 steps to help you move through feelings of grief and loss and simply “feeling blue:”

1. **Acknowledge your emotions:** The first step is recognizing and accepting your feelings. It's okay to feel sad...it's a natural response to life's ups and downs and changes. Don't suppress your emotions — give yourself permission to feel them. Be patient and compassionate with yourself.
2. **Talk or write it out:** Journaling can also help you witness and process your own feelings. Sharing your feelings with a supportive friend, family member, coach or therapist can be incredibly therapeutic. They can offer support, validation and perspective, helping you feel understood and find solutions.
3. **Practice self-care:** Prioritize self-care to boost your mood and overall well-being. Engage in activities that nurture your soul and bring you joy, whether it's reading a book, taking a bubble bath, practicing yoga, or simply going for a walk. Self-care is essential in nurturing your mental and emotional health.
4. **Set realistic goals:** Sometimes, sadness can stem from feeling overwhelmed or unfulfilled. Spend some time identifying what you want. Then break your goals into manageable steps, and celebrate your achievements along the way. This can boost your self-esteem and provide a sense of purpose.
5. **Get professional help when needed:** If sadness persists or intensifies, consider getting help from a professional. Therapy or coaching can provide you with valuable tools and strategies to understand the root causes of your sadness, and take steps to overcome it.

By acknowledging your emotions, seeking support, and prioritizing self-care, you can empower yourself to overcome sadness and cultivate a happier, more fulfilling life.

Healthy hints



[How to calm anxiety](#)

Rockin' recipes



[Warm and cozy fall recipes](#)

Creativity corner



[Halloween crafts for adults](#)

Comedy central



[Funny dating meme](#)

I hope you enjoy the bounty of this fall season!

xo Karen

Karen Strang Allen

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