

BRAINPOWER

YOUR BRAIN WHEN YOU'RE SAD



**BLUE OWL
BOOKS**

TABLE OF CONTENTS

CHAPTER 1

What Is Sadness?..... 4

CHAPTER 2

Sadness in Your Brain..... 8

CHAPTER 3

It's OK to Feel Sad..... 16

GOALS AND TOOLS

Grow with Goals..... 22

Try This!..... 22

Glossary..... 23

To Learn More..... 23

Index..... 24



CHAPTER 1

WHAT IS SADNESS?

Have you ever felt left out? Maybe someone teased you. Or maybe you lost someone close to you. These are all tough situations.

For Review Only



When these things happen, we often feel sad. Sadness is an **emotion**. It is a normal **reaction** when you feel hurt or left out or experience a loss.





You may get a lump in your throat and want to cry. Your chest might feel tight. You might frown or have a sad look on your face. You may slump over and feel tired.

Your body feels this way because your brain is working hard. It is helping you **process** how you feel.

SADNESS VS. DEPRESSION

Sadness eventually goes away.

Depression lasts a long time.

People with depression may be sad. But they may also feel

numb. They may struggle to

feel emotions, such as happiness. If you think you are depressed, talk to a trusted adult.



CHAPTER 2

SADNESS IN YOUR BRAIN

Your brain is a control center. It processes emotions. Scientists are still studying exactly what happens in our brains when we are sad.





Scientists studied people's brains while they looked at photos that made them sad. They saw that the amygdala was at work.