

What to do when you're feeling blue

We all experience low moods from time to time, including feelings of disappointment, grief, boredom, exhaustion, anger, fear, and worry.

Sometimes we can point to a specific reason. Other times, we don't really know why we feel down or "blue."

We sometimes wish we could just "turn off" these emotions. But feeling all of our feelings can improve our relationships, lower stress, and help us experience more happiness and joy.

Getting comfortable with the uncomfortable

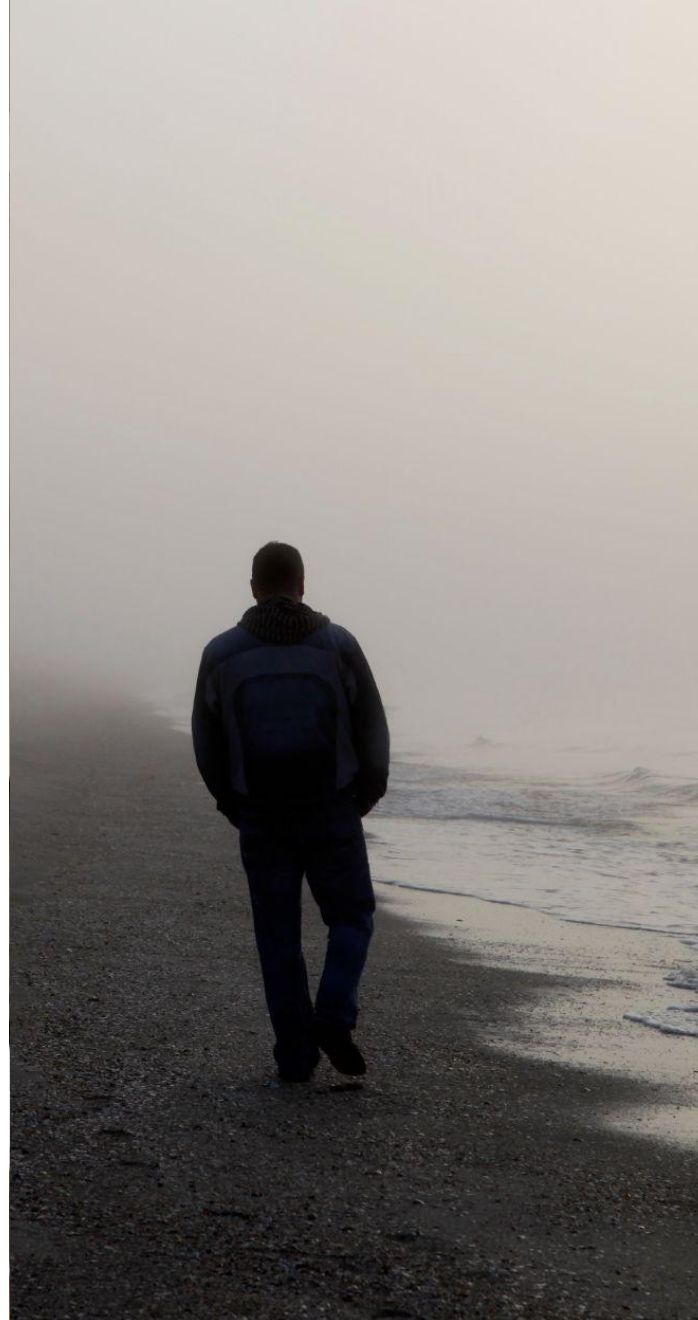
When you're feeling blue, your first instinct may be to distract yourself or try to overcome what you're feeling. As humans, we're wired to avoid discomfort.

But when you learn to sit through uncomfortable feelings, you'll actually find happiness and gratitude on the other side. It's a skill that has a lot of benefits, including improved mental health, better relationships, and personal growth.

In the feels

Feeling your feelings helps you gain insight into your own emotional state. It gives you more self-compassion, reduces stress and anxiety, and helps you see new perspectives. It also cuts down on self-criticism and negative thoughts.

Feeling your feelings can even improve your relationships. When you're in touch with your emotions, it's easier to share how you feel with others. You're also more likely to understand and empathize with how others are feeling, helping you connect on a deeper level.



Speak to a therapist

A therapist can help you process your emotions by giving you tools to manage sadness, disappointment, fear, or anger. Book a confidential session through Spring Health, your mental wellness benefit.

Sessions are available in as little as 2 days.

These techniques will help you understand why you're feeling down, accept your feelings, and move on to happier ones.

Reflective questioning.

Ask yourself these questions to explore more about how you feel.

- What am I actually feeling? When you notice that you're blue, take time to name the emotion behind it. Are you feeling sadness, anger, disappointment, grief, exhaustion, fear, worry? Don't judge it, just get clear on what it is.
- How does my body feel? Scan your body. Are you tense or tired? Allow the feelings to flow through your body and try not to control or reduce them.
- What brought this on? When did this start? When did you feel it last? Has it gotten worse?
- How can I accept it? Remember to be kind to yourself and don't judge. Act as if you're helping a friend who's feeling blue.

Creative process.

Try expressing your emotions through creative outlets like art, music, or writing. This can help you process and acknowledge your feelings in a healthy way, preventing them from building up.

Mindfulness exercises.

A mindfulness exercise can be anything that helps you observe your thoughts, feelings, and bodily sensations without judgment. Activities like gardening, cooking, and walking outside give you the opportunity to be with your own thoughts. Quiet time alone can help you identify your feelings, patterns, and triggers.

[Reflection cards](#) can help serve as reminders for self-check-ins or prompts for your creative process.

While we all experience the blues, sometimes low moods can lead to depression. If you answer "yes" to any of these questions, it's important to reach out and speak with a Spring Health provider.

- Is my sadness disrupting my daily life?
- Am I having more difficulties completing daily hygiene habits like taking a shower or brushing my teeth?
- Have my eating or sleeping habits changed?
- Are my feelings of sadness lasting longer than usual?
- Am I having suicidal thoughts?

