

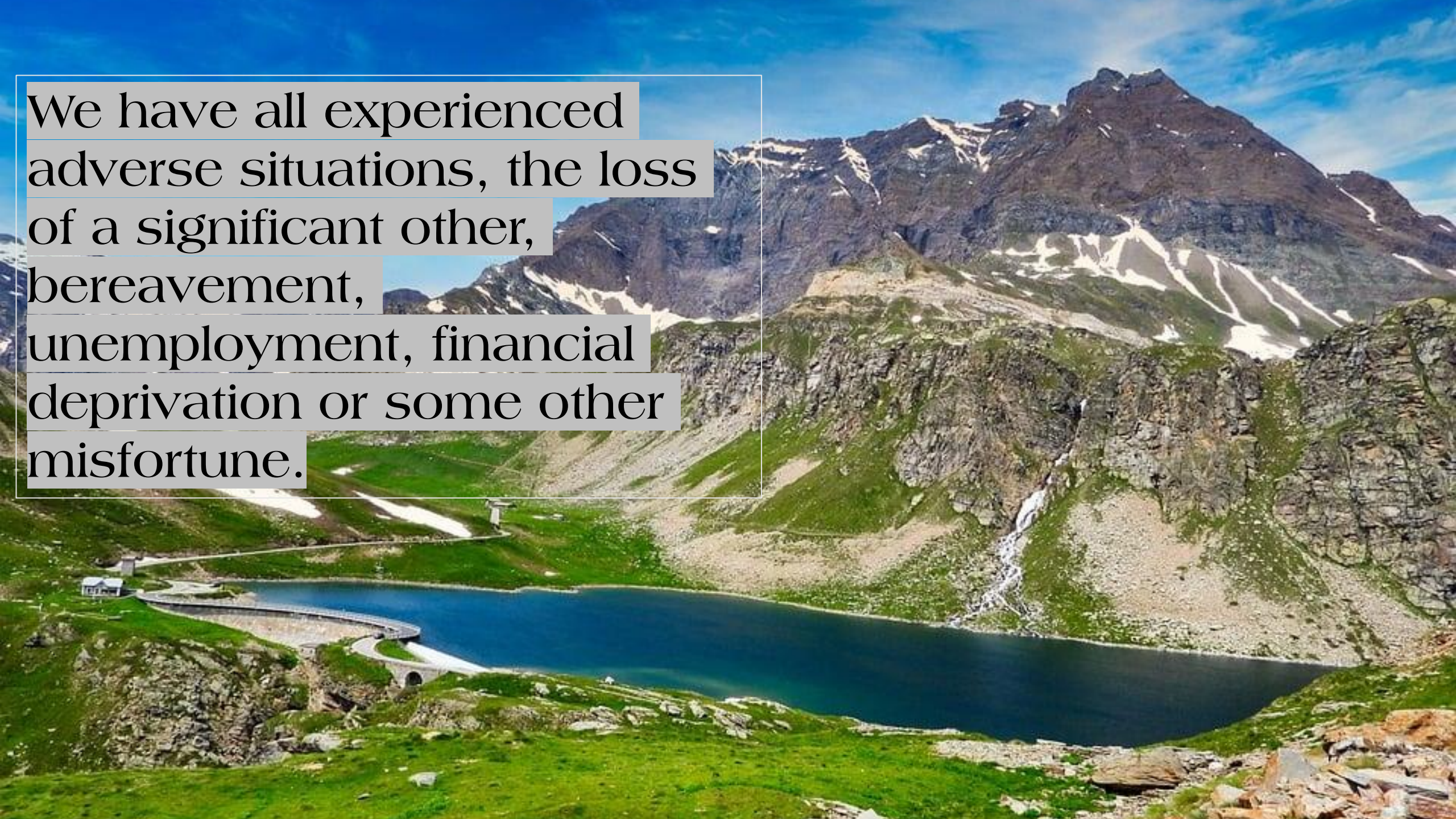


YOU CAN DO IT.



**SADNESS
AND
ANXIETY**

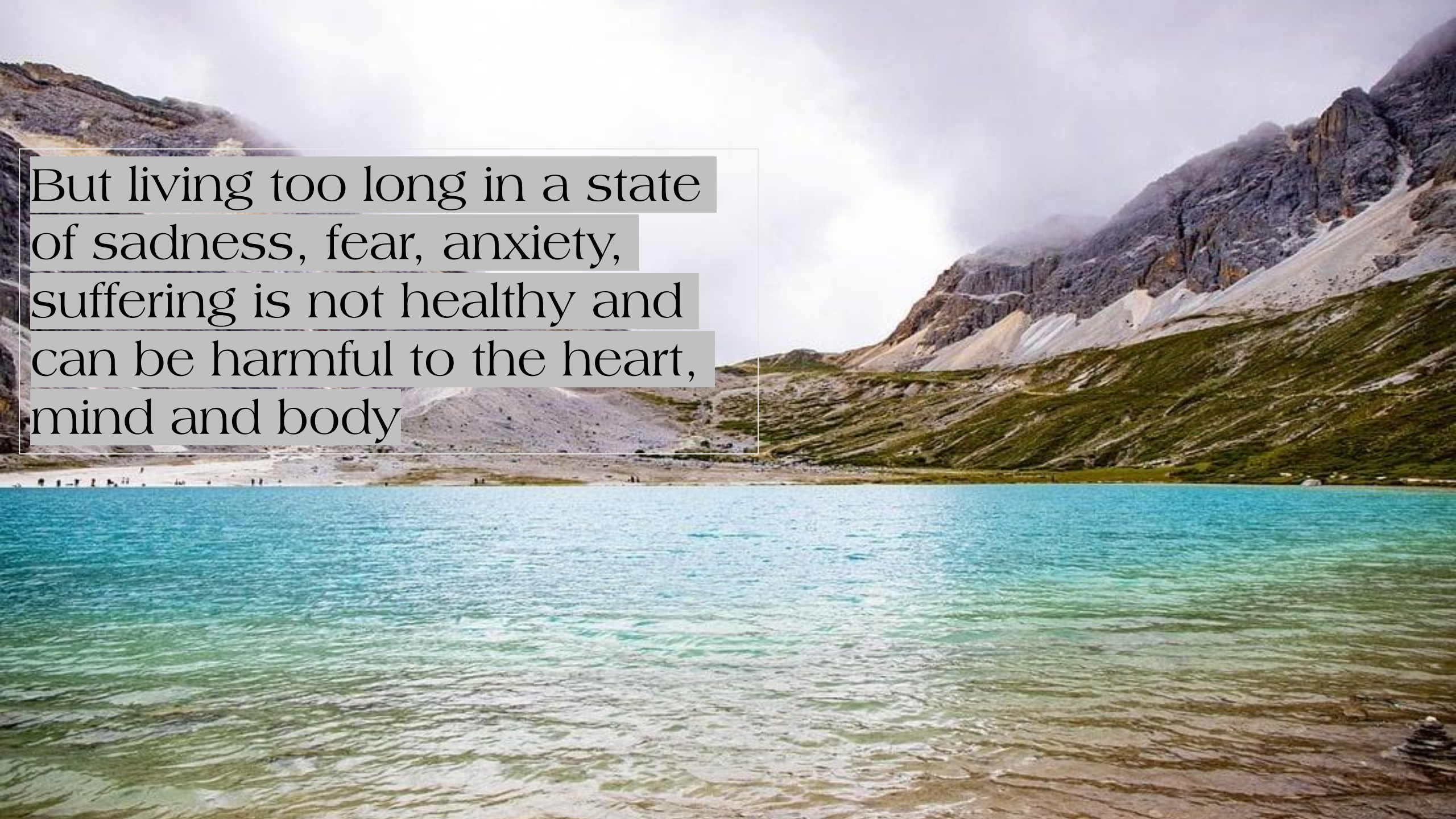
We have all experienced adverse situations, the loss of a significant other, bereavement, unemployment, financial deprivation or some other misfortune.



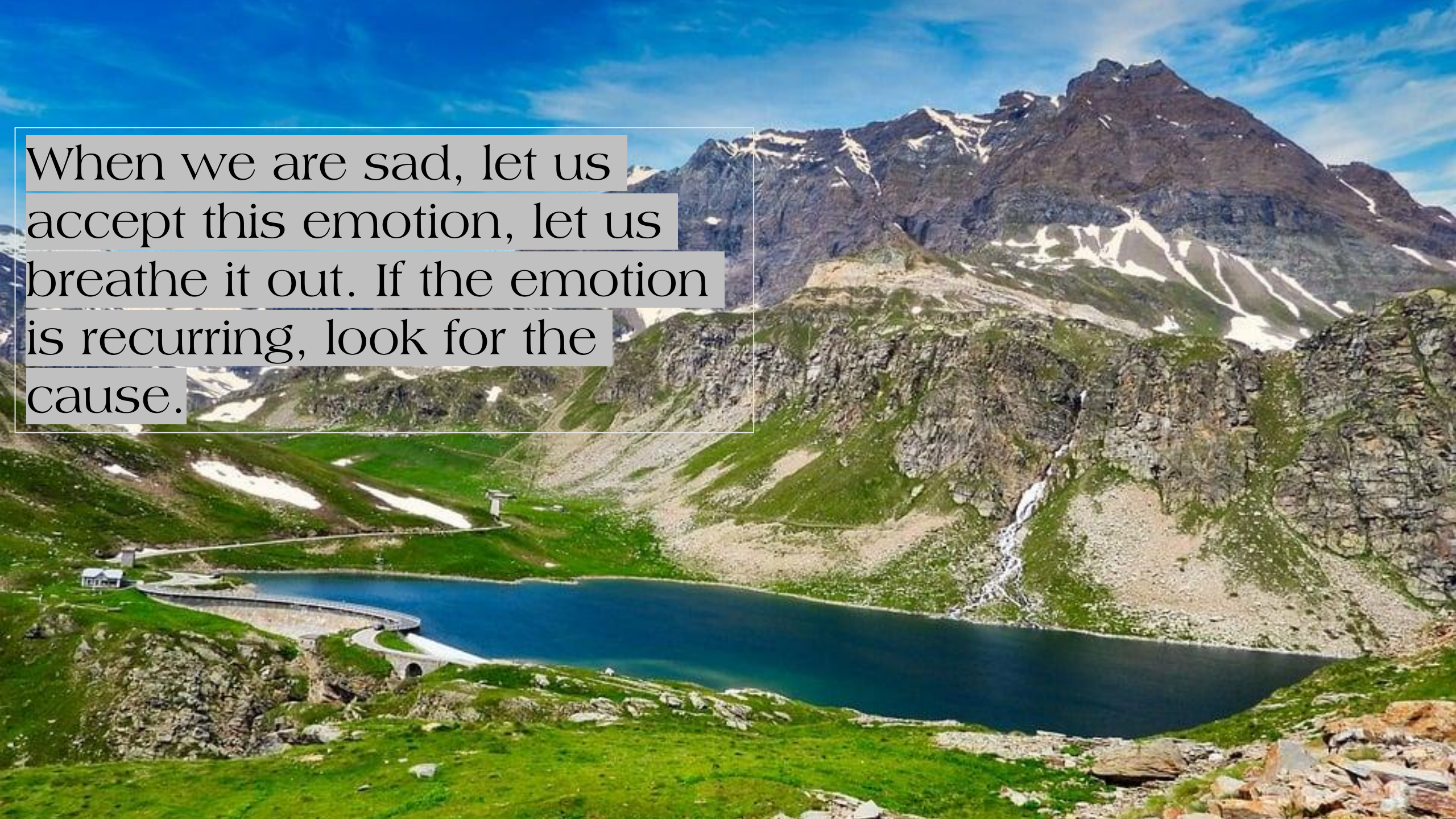
The emotions we feel in such situations are an expression of the experience of the situation at hand and are not supposed to be repressed or suppressed.

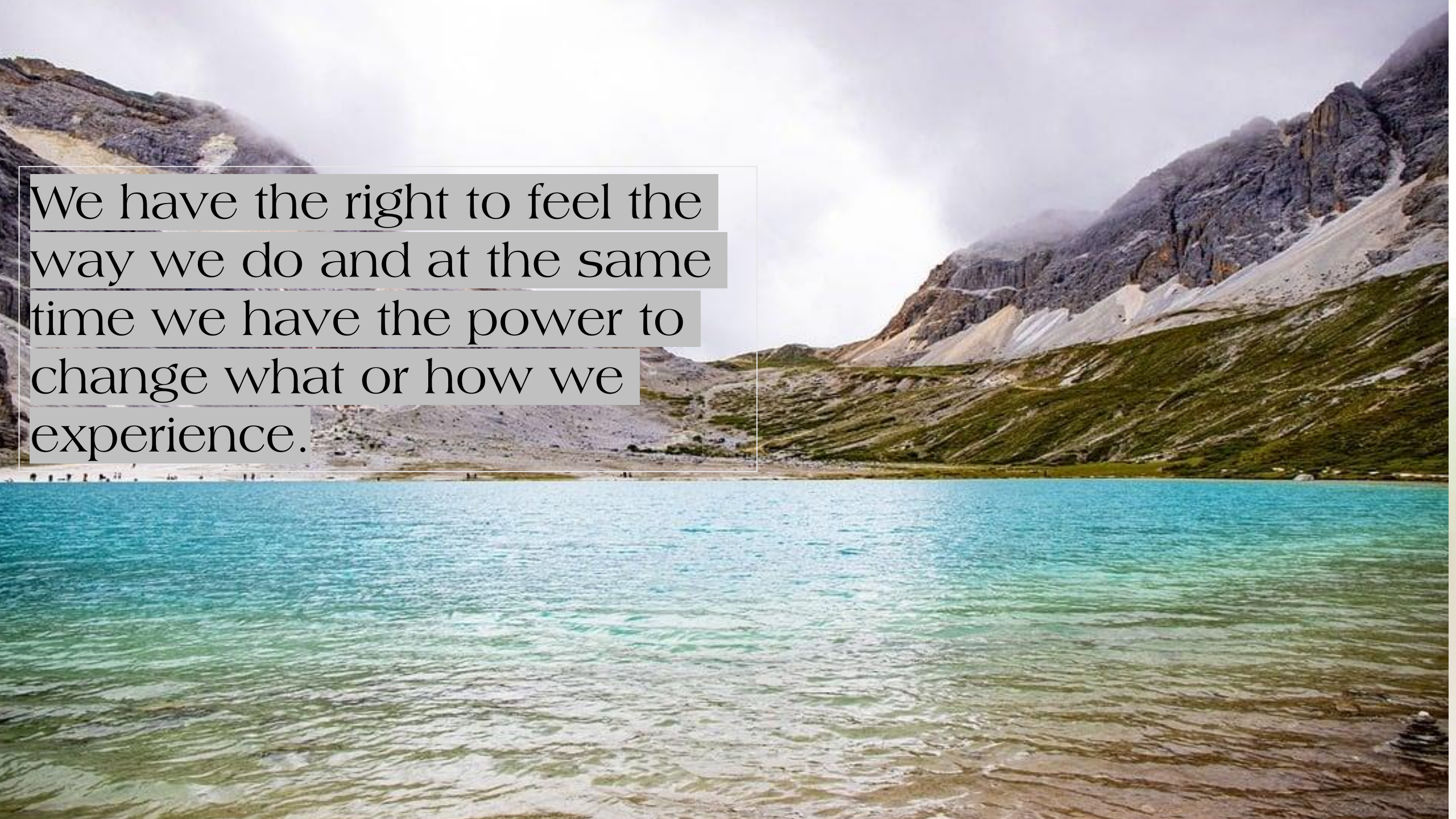


But living too long in a state of sadness, fear, anxiety, suffering is not healthy and can be harmful to the heart, mind and body



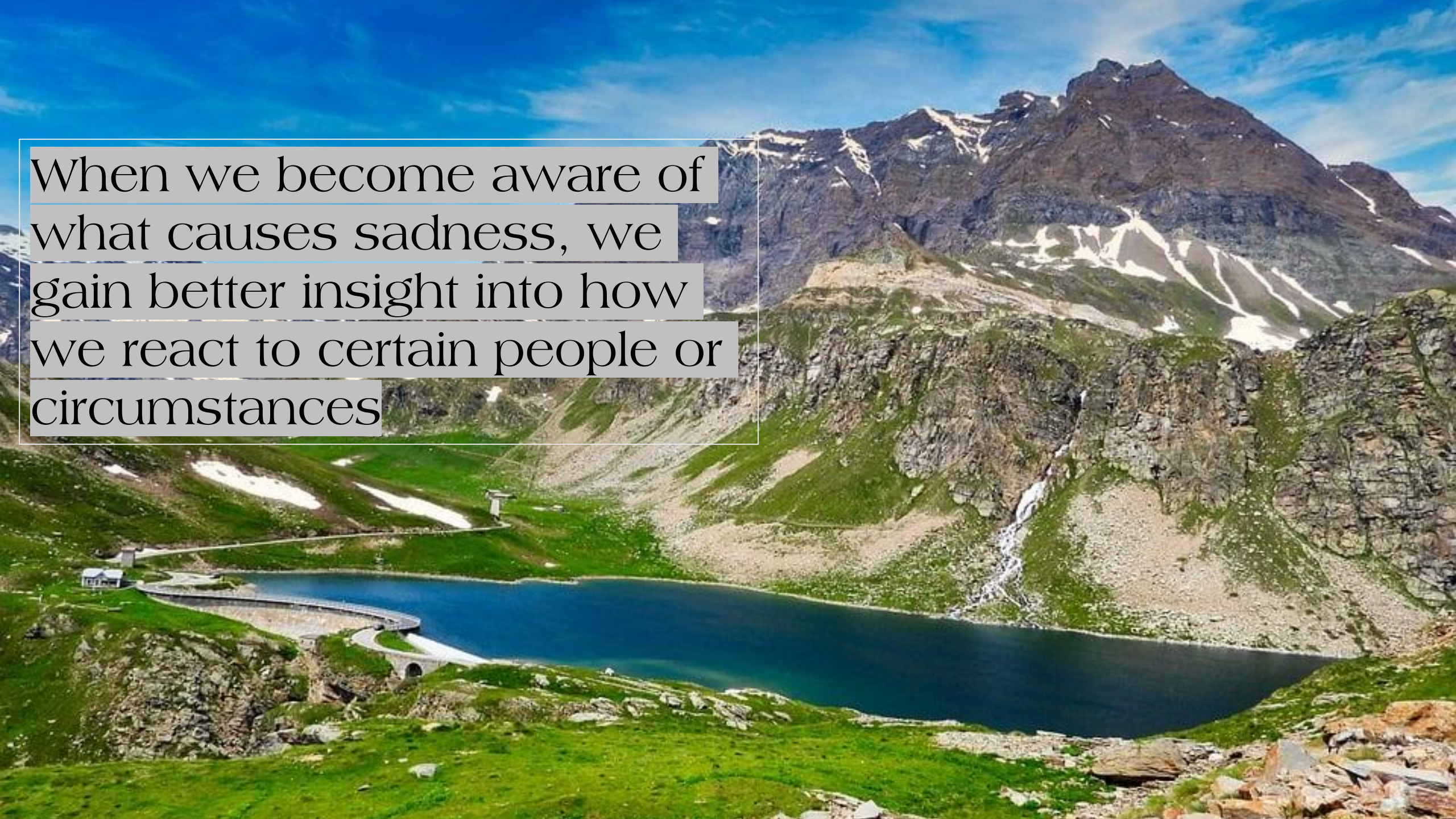
When we are sad, let us accept this emotion, let us breathe it out. If the emotion is recurring, look for the cause.

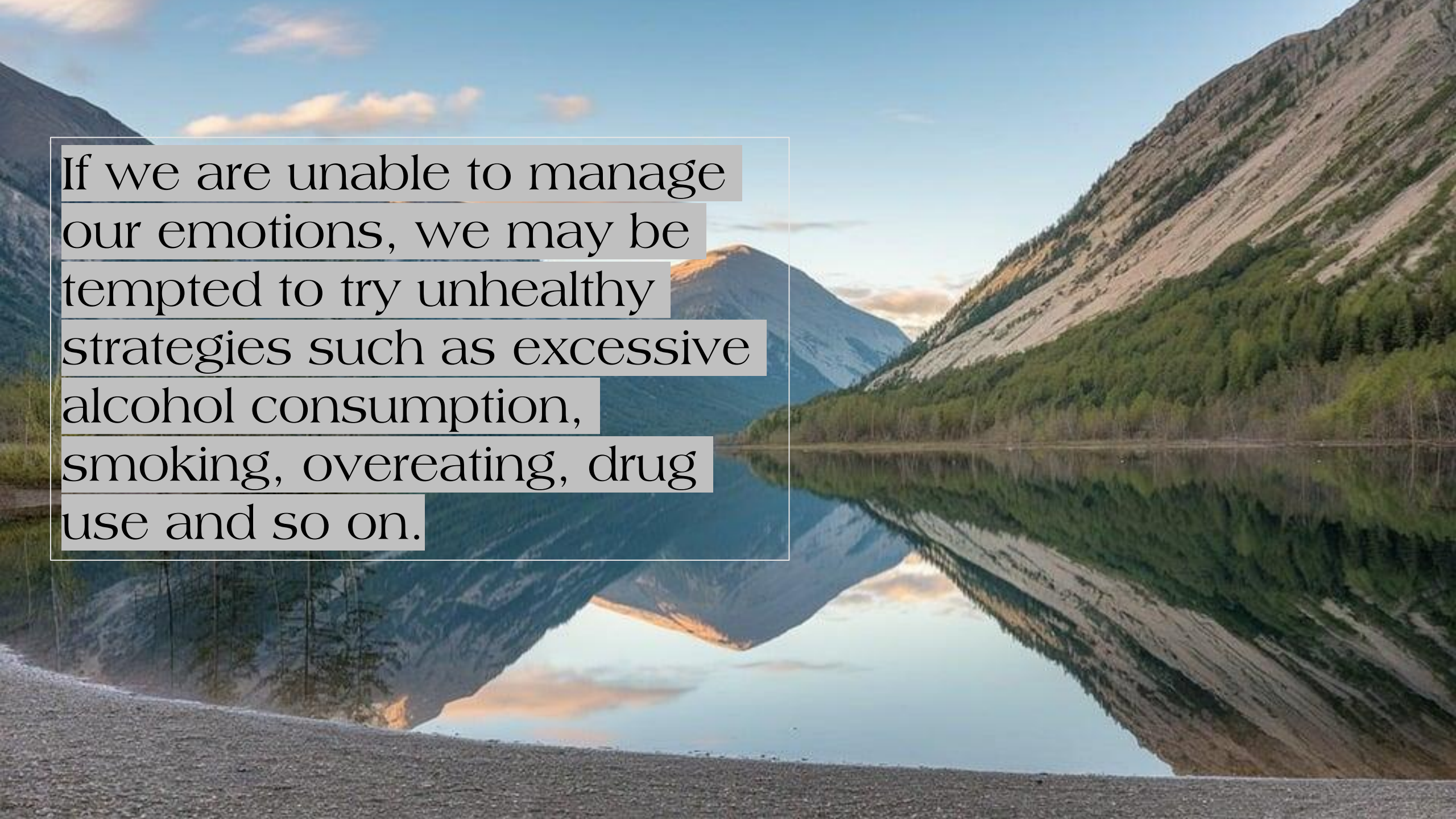





We have the right to feel the way we do and at the same time we have the power to change what or how we experience.

When we become aware of what causes sadness, we gain better insight into how we react to certain people or circumstances

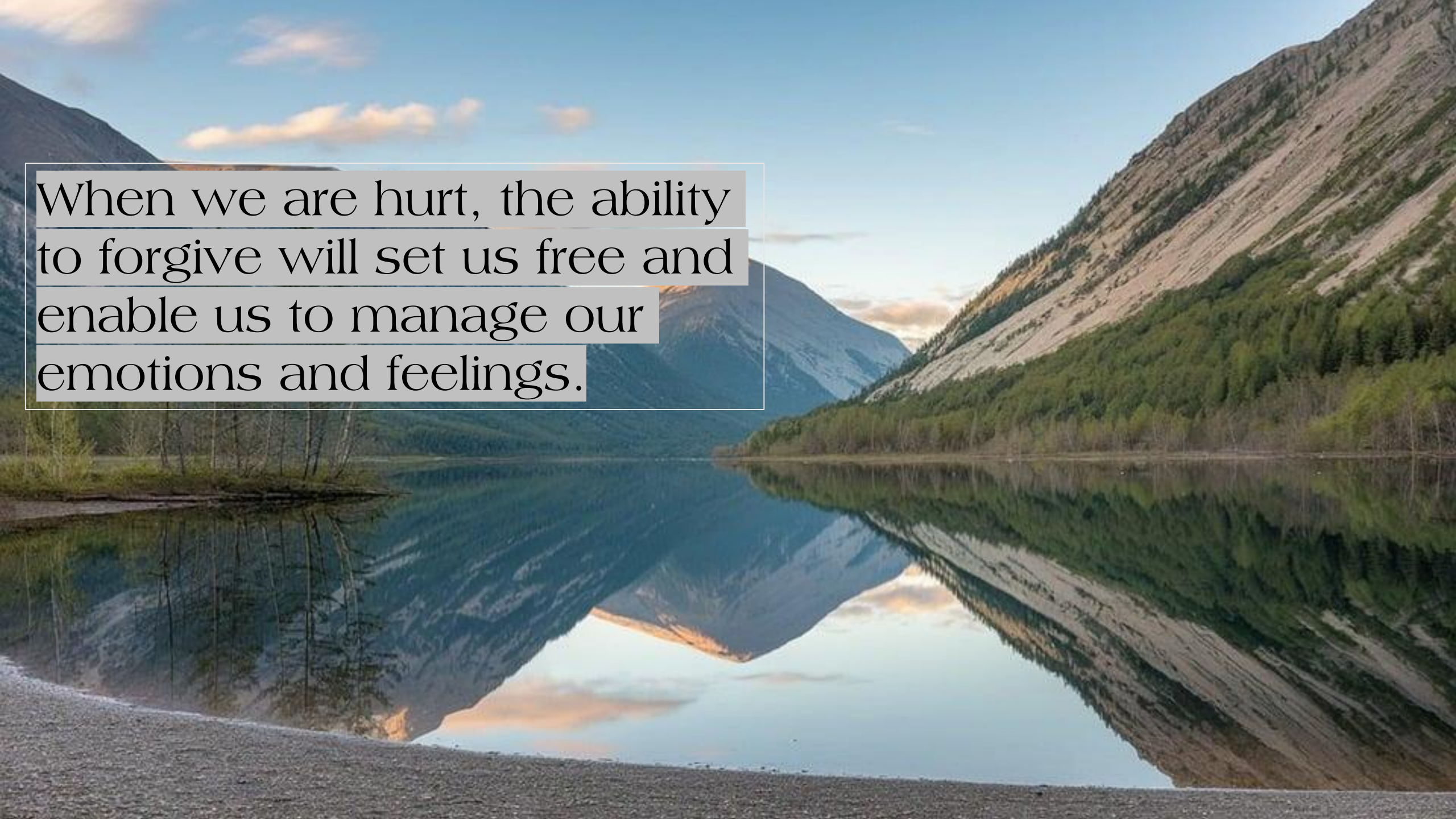


A scenic landscape featuring a calm lake in the foreground that perfectly reflects the surrounding environment. The lake is bordered by a gravelly shore in the immediate foreground. In the middle ground, a dense forest of green trees lines the edge of the water. The background is dominated by majestic mountains with rocky, light-colored slopes and some patches of greenery. The sky is a clear, pale blue with a few wispy clouds, and the overall lighting suggests a peaceful time of day, possibly dawn or dusk.

If we are unable to manage our emotions, we may be tempted to try unhealthy strategies such as excessive alcohol consumption, smoking, overeating, drug use and so on.

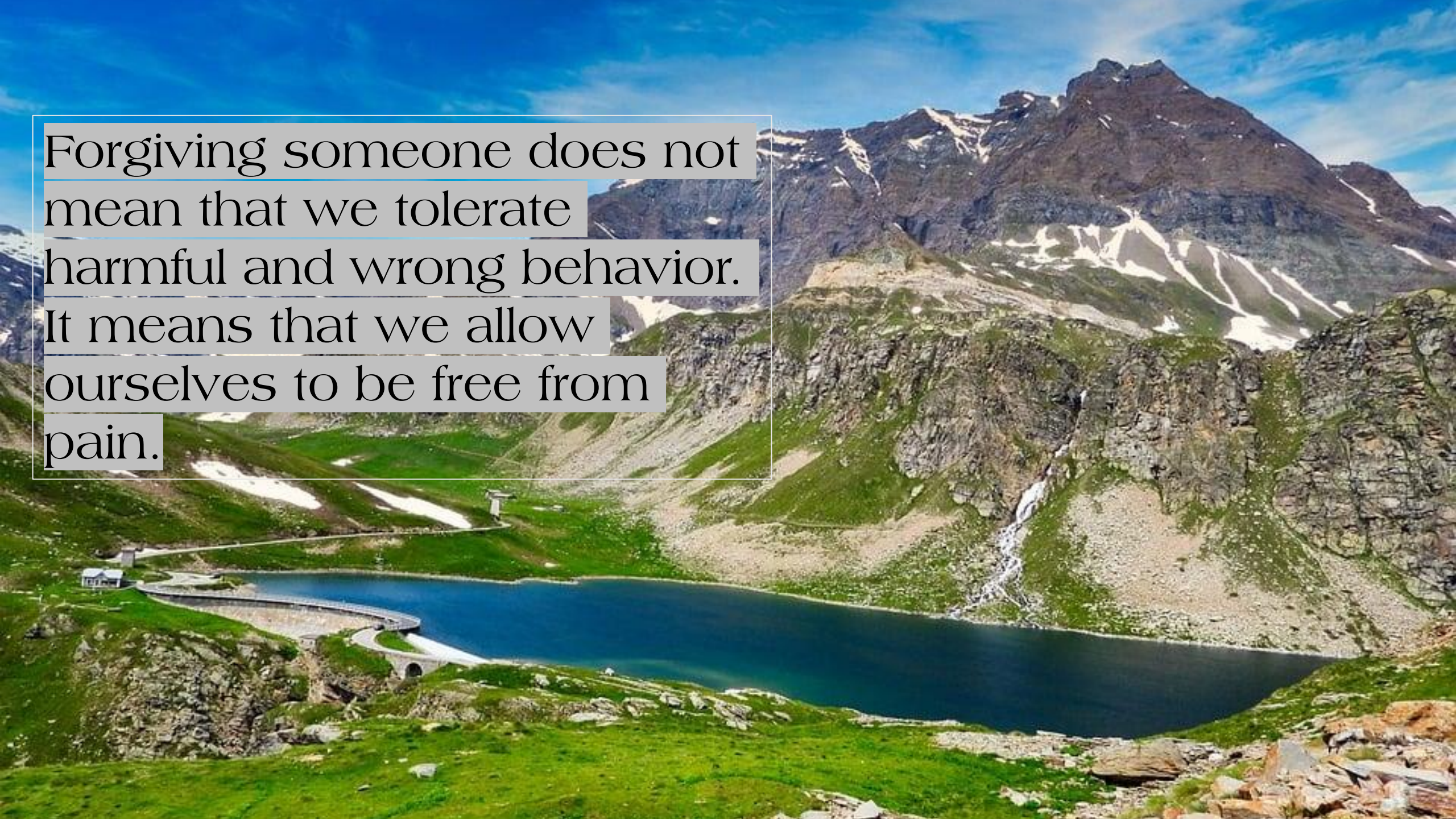


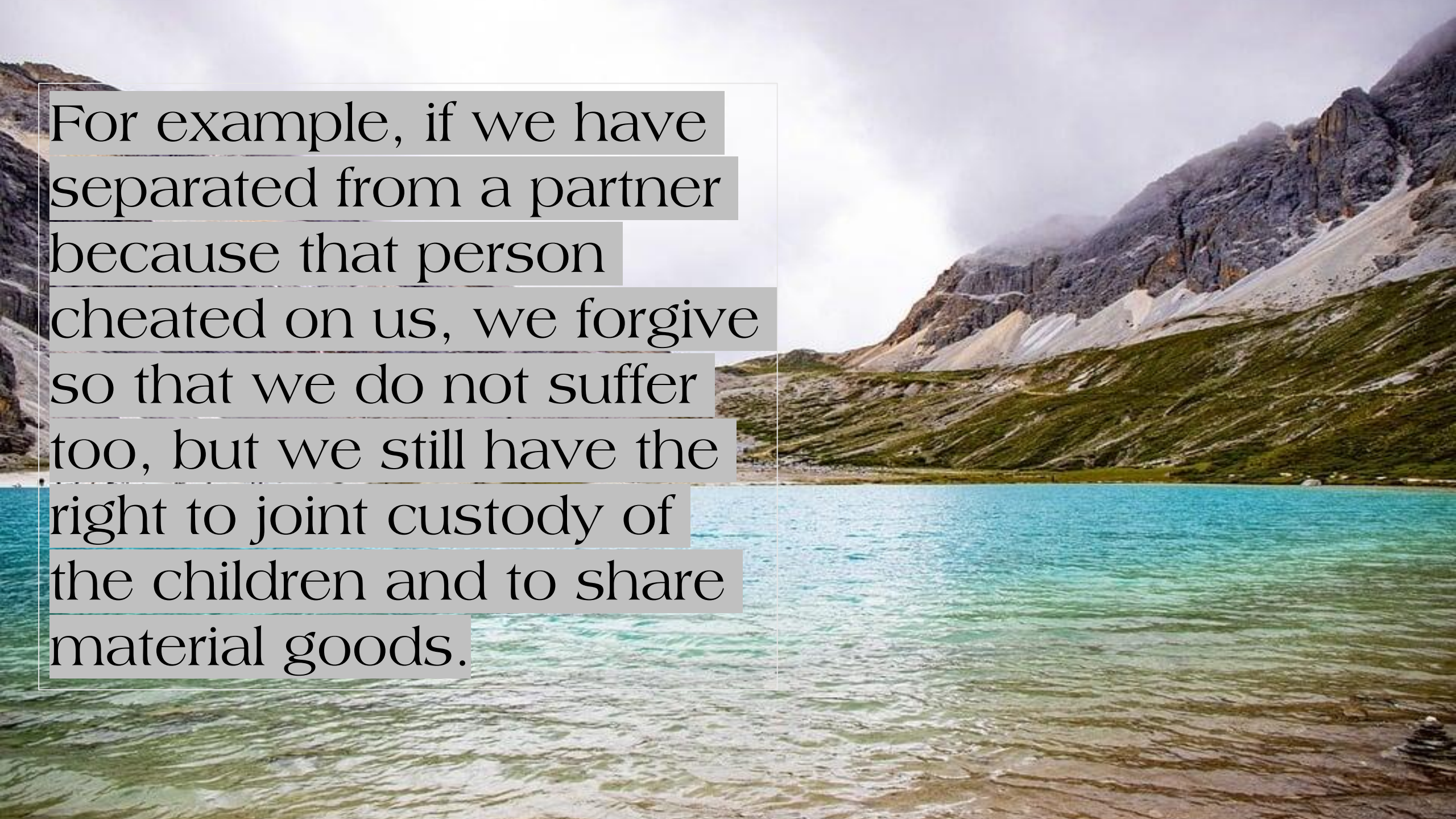
Our communication
becomes violent or passive,
and this makes the situation
even worse.



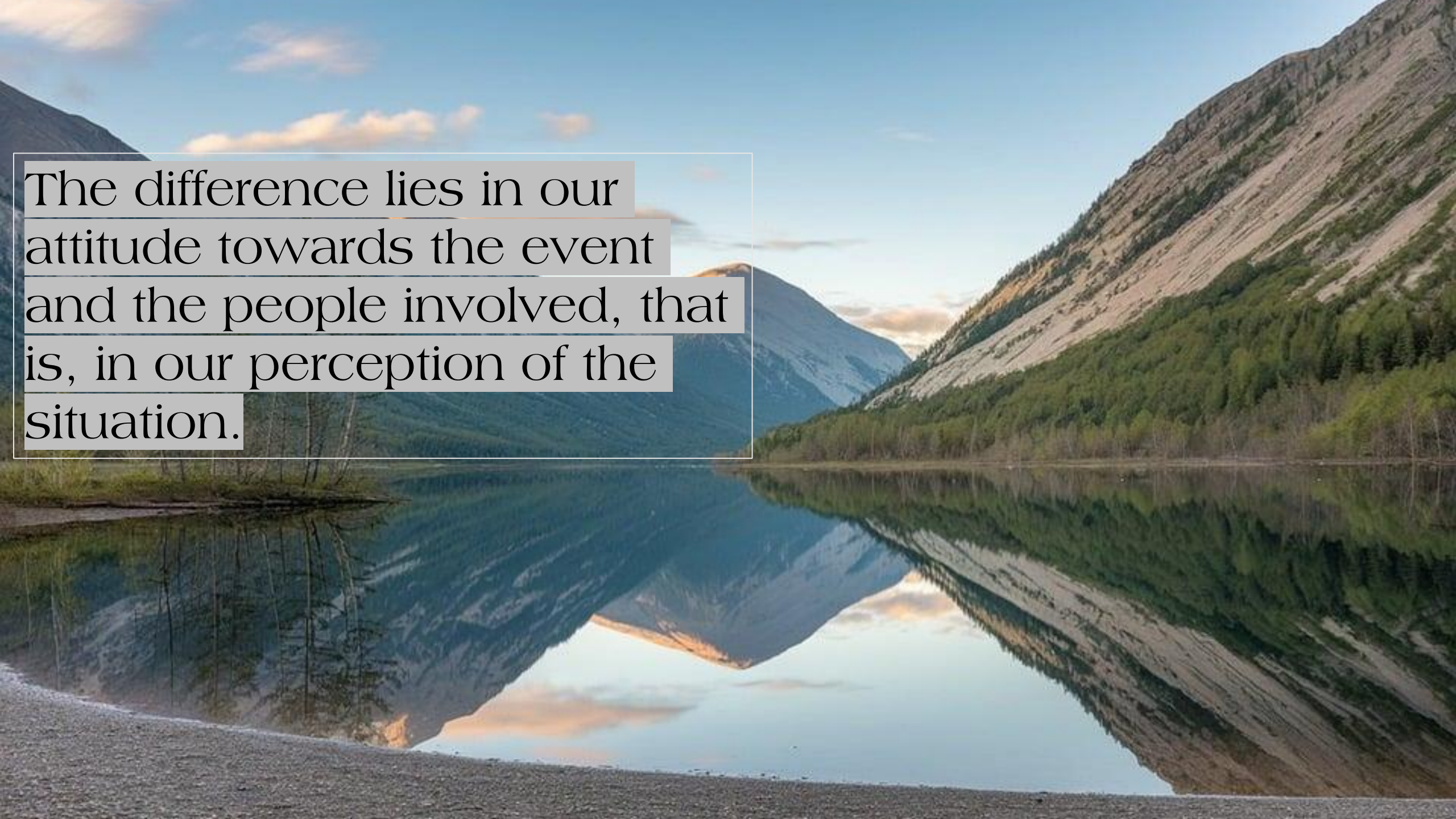
When we are hurt, the ability to forgive will set us free and enable us to manage our emotions and feelings.

Forgiving someone does not mean that we tolerate harmful and wrong behavior. It means that we allow ourselves to be free from pain.



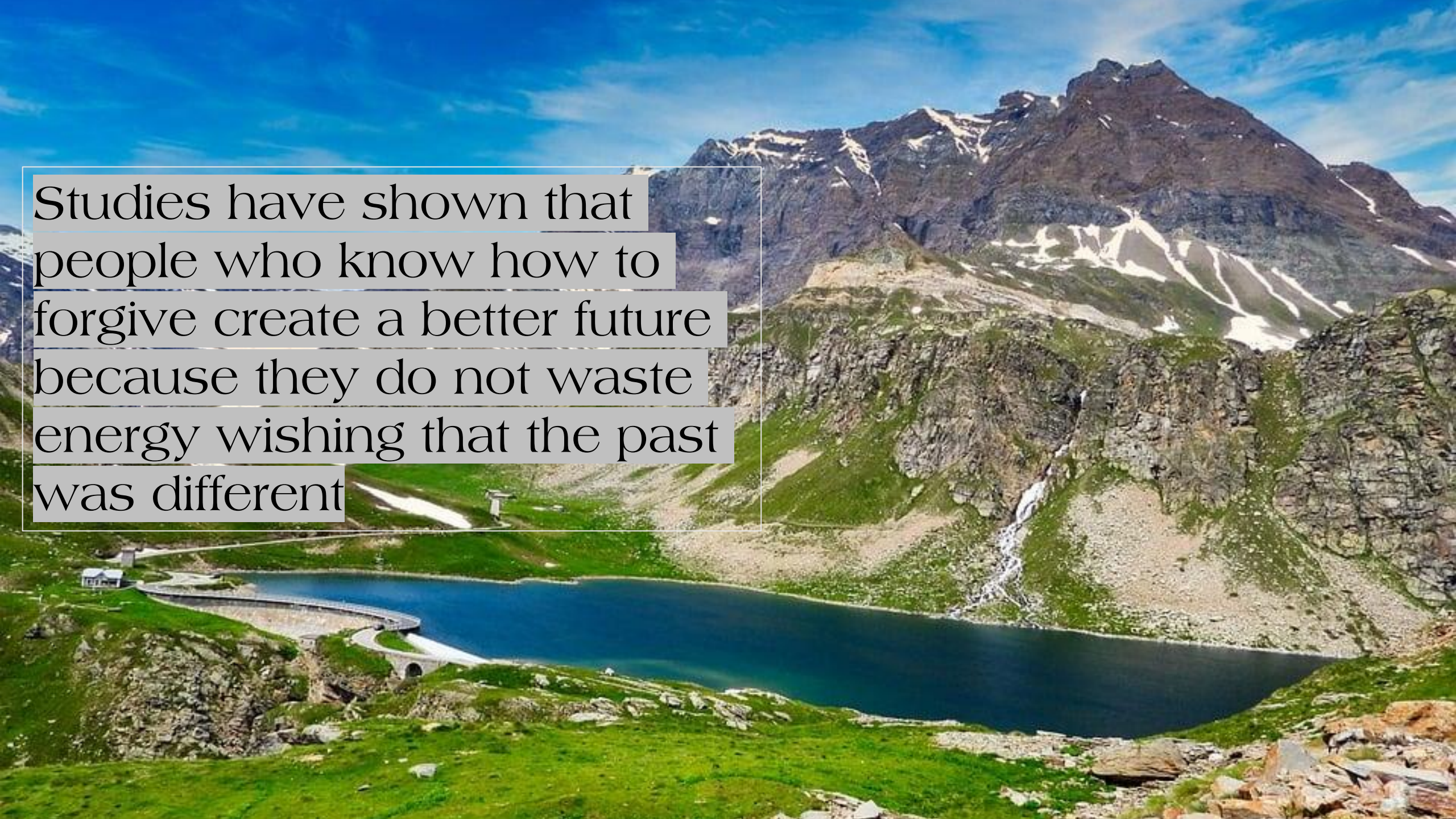


For example, if we have separated from a partner because that person cheated on us, we forgive so that we do not suffer too, but we still have the right to joint custody of the children and to share material goods.



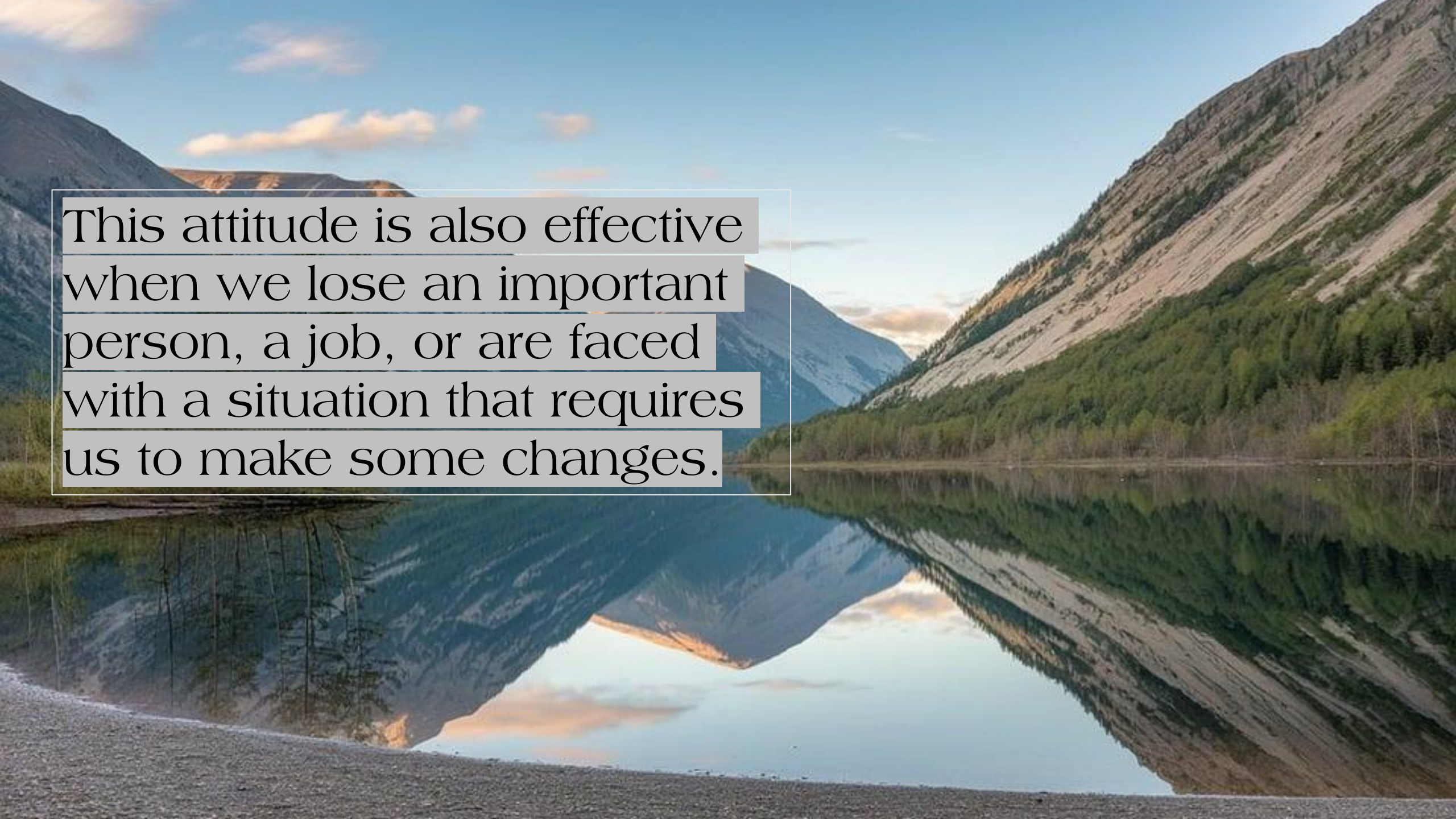
The difference lies in our attitude towards the event and the people involved, that is, in our perception of the situation.

Studies have shown that people who know how to forgive create a better future because they do not waste energy wishing that the past was different

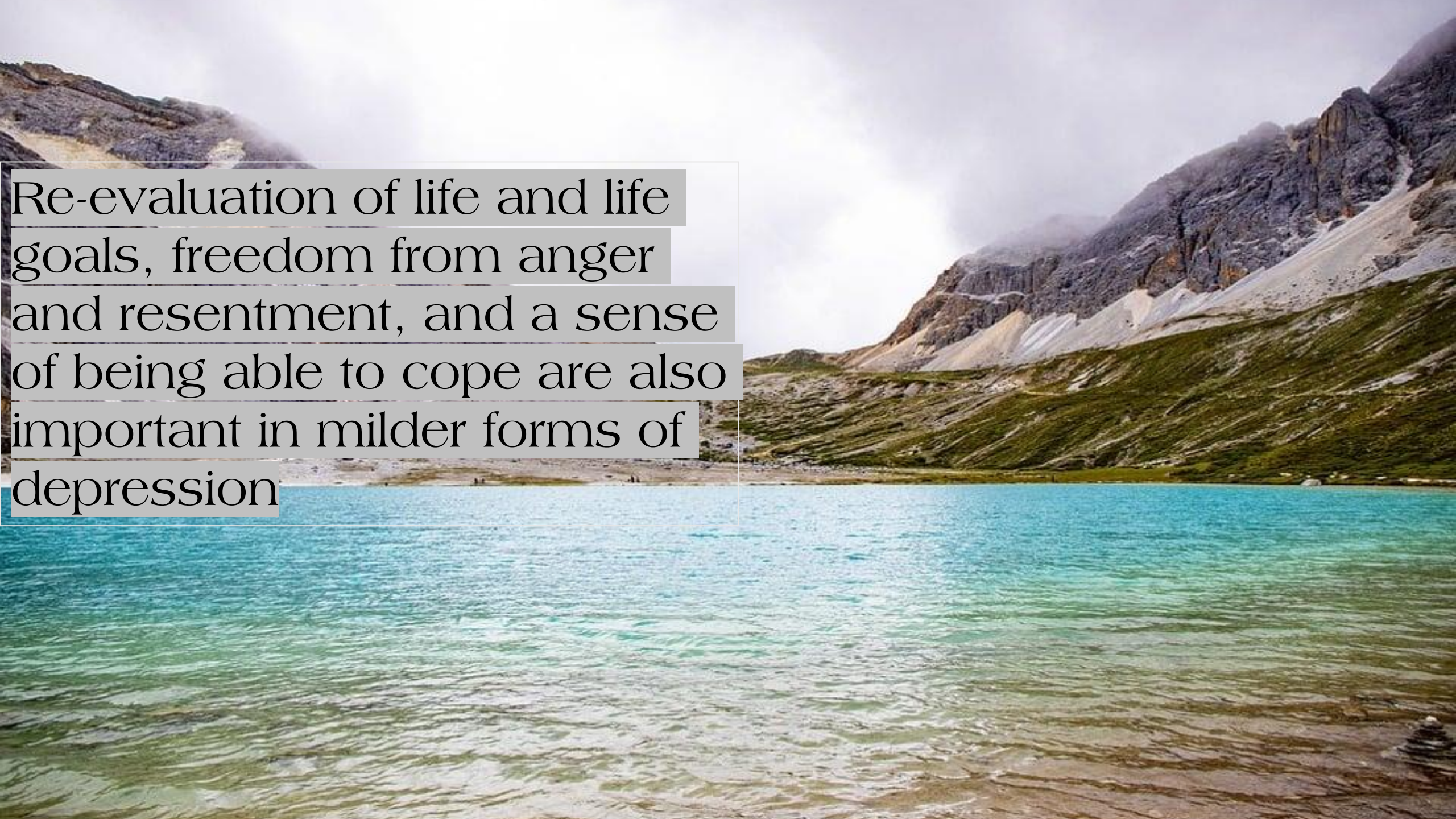




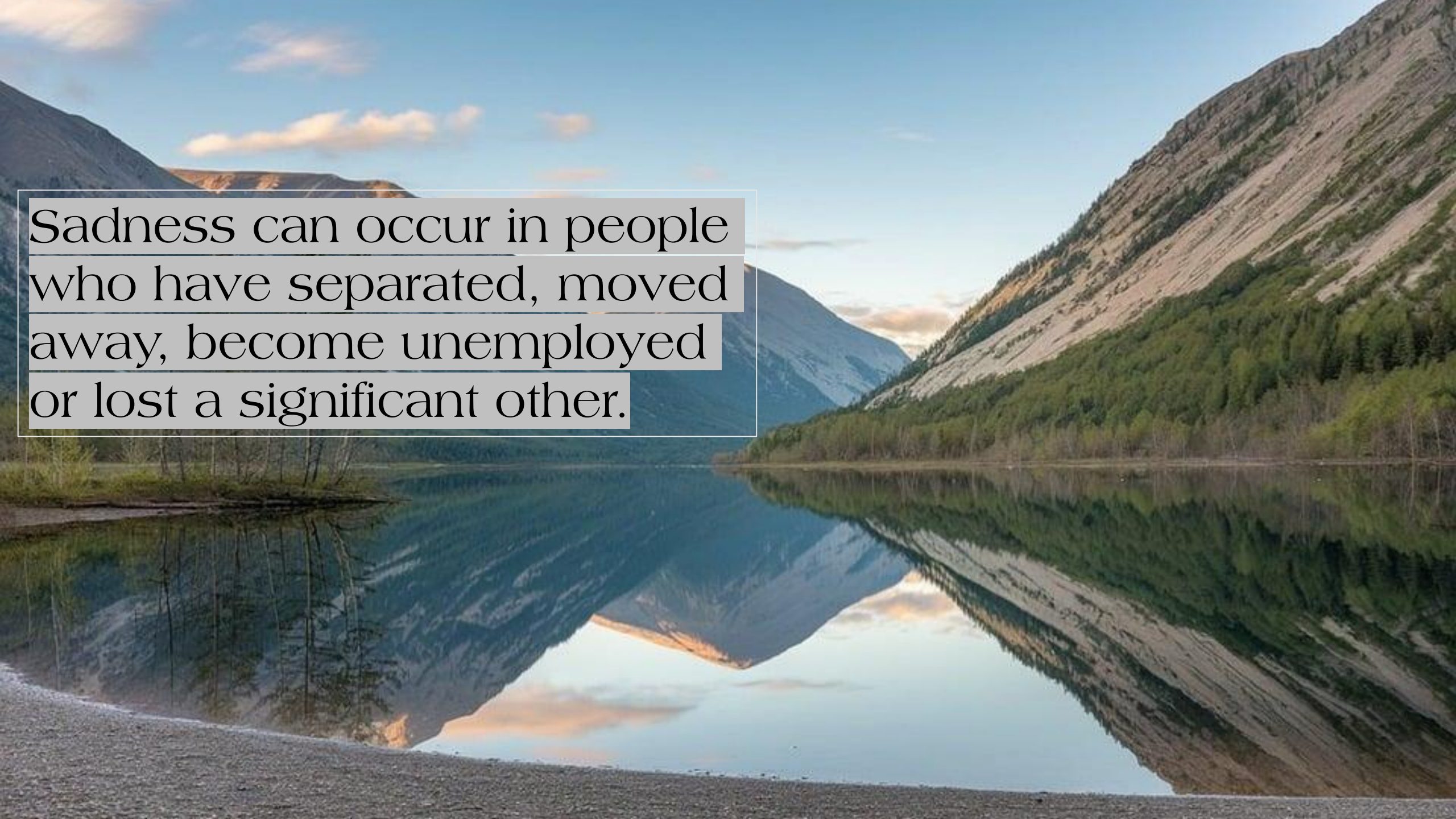
The past becomes a
memory. The future is filled
with new content.

A scenic landscape featuring a calm lake in the foreground that perfectly reflects the surrounding environment. The lake is bordered by a gravelly shore on the left. In the background, there are rugged mountains with patches of green forest and rocky slopes. The sky is a clear, light blue with a few wispy clouds. The overall atmosphere is peaceful and serene.


This attitude is also effective
when we lose an important
person, a job, or are faced
with a situation that requires
us to make some changes.




Re-evaluation of life and life goals, freedom from anger and resentment, and a sense of being able to cope are also important in milder forms of depression.

A scenic landscape featuring a calm lake in the foreground that perfectly reflects the surrounding environment. The lake is bordered by a gravelly shore on the left. In the background, there are rugged mountains under a clear blue sky with a few wispy clouds. A dense forest of green trees covers the lower slopes of the mountains. The overall atmosphere is peaceful and serene.

Sadness can occur in people who have separated, moved away, become unemployed or lost a significant other.

A scenic mountain landscape featuring a large, vibrant blue lake in the foreground, partially enclosed by a stone dam. The surrounding terrain is a mix of green grass and rocky slopes. In the background, majestic mountains with patches of snow rise against a clear blue sky with light clouds. A small waterfall is visible on the right side of the image.

The solution is to innovate in life, experience enthusiasm, increase positive self-image, gain a supportive environment, set a coherent system of goals.



When we realize that we are
worthy of a good and happy
life, that we are worthy of
what we want, new paths
open up.

A wide-angle landscape photograph showing a calm lake in the foreground, perfectly reflecting the surrounding mountains and sky. The mountains are rugged, with some peaks covered in snow or light-colored rock. The sky is a mix of blue and soft orange, suggesting a sunrise or sunset. The overall scene is peaceful and majestic.

From the book **PERSONAL STABILITY MODEL**,
available on Amazon <https://www.amazon.com/dp/B0DT1MHJNV>

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