When will I feel better?

When you are feeling terribly down in the dumps it is important to remember that you WILL stop feeling so sad. Maybe you already feel a tiny bit better now you have read this book.

There is an old saying that time is a great healer. It’s a bit corny, but it’s true. It means that as time passes, you will feel less sad and more happy. It doesn’t mean you are forgetting someone who died. You will remember them FOREVER.

Tom’s top tip –

It helps to look forward to things. Do you have a holiday coming up? What are you looking forward to?

What do you like doing?

Scientists have shown that smiling and laughing can make you feel better, even when you are very sad.

Having fun is good for you

You don’t have to smile or laugh or have a good time if you don’t want to. It’s OK to be sad whenever you feel like being sad. But if you do want to have a good time, then that’s great. Enjoy yourself doing whatever you enjoy!

Sometimes you can even feel happy and sad at the same time. For example, when you get a great present on your birthday, but you can’t show it to someone who has died. It’s a strange feeling. This is called a mixed feeling, but overall, the happy feelings should outweigh the sad feelings.

It can help to remember that someone who has died would want you to be happy. One of the best ways you can honour your special person’s life is by enjoying your own life.

What makes you laugh?