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## ***sadness causes getting help 10 ways to cope***

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□□□ published october 10 2023 sadness is a common and expected aspect of being human but feeling

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sad can also signal a larger mental health condition being able to identify sadness and recognize the difference between it and depression is essential for anyone hoping to improve their mental wellness

## **get help with low mood sadness or depression nhs**

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□□□ 2023□11□14□ sad anxious or panicky more tired than usual or being unable to sleep angry or frustrated low on confidence or self esteem a low mood often gets better after a few days or weeks it s usually possible to improve a low mood by making small changes in your life for example resolving something that s bothering you or getting

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