

Rainy Days

How to Recognize and Ease
the Sadness That Seems
Never-Ending



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Who is this booklet for?

This booklet is for those who have been experiencing rainy days inside, those moments when sadness seems to linger and the sun is slow to appear. This is an invitation to open the umbrella of care and find shelter. Here, you will learn to recognize your feelings and discover ways to protect yourself, embrace yourself, and help the weather clear up.

When sadness seems to linger

Everyone has difficult days, right?

Those moments when your body feels heavy, your motivation vanishes, and nothing seems to make sense.

But what about when this lasts for weeks? When sadness and discouragement become routine, and it feels like nothing will get better?

At times like these, it's important to pay attention: maybe your body and mind are asking for care.

Feeling sadness is part of life. The problem is when it doesn't go away and starts to take the shine off things, people, and yourself.

There are days when the sky inside us darkens. But even storms must pass. That's what we're going to talk about.

Let's explore together what it means to feel "down, depressed, or hopeless" and consider possible ways to take care of yourself.

What does this symptom mean?

Feeling “down” or “hopeless” may be accompanied by:

Sadness almost every day

Lack of motivation or energy

Thoughts that nothing will get better

Difficulty enjoying things that used to make you feel good

It's as if life has lost its color—the good things fade into the background, and the bad ones take center stage.

These signs show that it's time to stop, breathe, and look at yourself with care.



The role of thoughts in sadness

It's not always what happens that causes us to suffer, but how we interpret what happens.

When we're sad, our mind can create "traps." These are ways of thinking that increase discouragement and make everything seem worse than it is.

These traps are called cognitive distortions. They change the way we see ourselves, other people, and the future.



In the following pages, you'll learn about three of them and how to recognize when they're popping up in your daily life.

Three thought traps

When sadness sets in, our mind can play tricks on us; our thoughts become heavy. It's like looking at the world through a window fogged up by rain: nothing seems clear.

Learn about three of these traps:



1

Negative Filter

This is when you focus only on what went wrong and ignore what went right.

Example: 32 colleagues liked your presentation, but you only think about the 3 who didn't pay attention.

Dismissing the Positive



2

This happens when you downplay the good things you've done or received.

Example: "I passed the test, but it was pure luck."



3

Fortune-Telling

This is when you believe the future will be bad, even without any evidence of it.

Example: "There's no point in trying; I'll never get a good job."

These thoughts don't show the whole picture, but only a part of it.

Be Your Own Scientist

Look at your thoughts like a scientist

Sometimes, we believe everything we think, even when our thoughts don't reflect the whole truth. This exercise helps you view your ideas in a more balanced way. Imagine that you are a scientist studying your own thoughts.

Your role is to investigate: what is fact and what is assumption?

Think of a recent situation that made you feel sad or discouraged.

How to do it:

Write down the negative thought that came to mind.

Analyze it like a scientist: what evidence supports this thought, and what evidence contradicts it?

Use the space below:

My negative thought was:

(write it here)

Evidence in favor

(what supports this thought)

Evidence against

(what shows another possible perspective)

What do I realize now?

(reflect: is this thought entirely true?)

Other Possible Futures

What if the future is different from what you imagine?

When we're sad, it's common to imagine that the future will be bad. Sometimes, the mind tries to "guess" what will happen and almost always predicts the worst.

This exercise is designed to help you broaden your perspective and realize that tomorrow may hold more than one possibility.

How to do it:

Think of a negative thought about the future. Write it down in the space below.

Then try to imagine three other possible outcomes; they can be positive, neutral, or simply different from what your mind predicted.

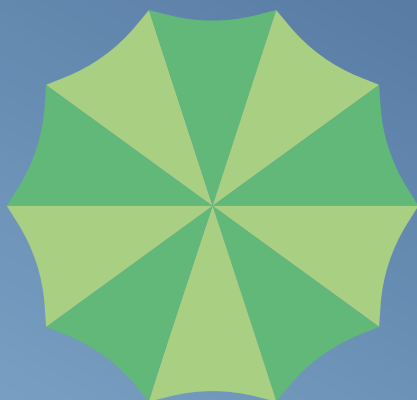
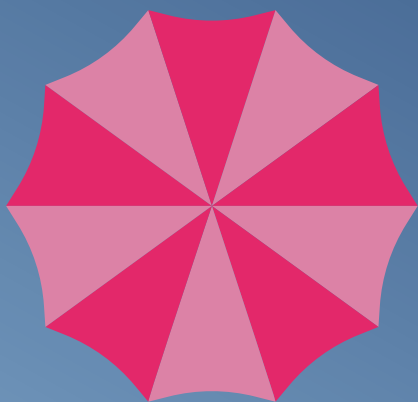
My thought about the future:

Other possible outcomes:

1.

2.

3.



Quick Tips for Everyday Life

Small gestures that make a difference

Taking care of yourself doesn't have to be complicated. Sometimes, it's the small, everyday actions that help bring more lightness and well-being.

Try starting here:

Change your surroundings. Take a walk, listen to music, look at the sky.

A small change can make a big difference.

Talk to someone you trust..

Talking about how you feel lightens the load and helps organize your thoughts.

Avoid isolating yourself.

Even a quick chat can change your mood for the day.

Celebrate small victories.

Acknowledge what you've accomplished today, even if it seems like little.

Lembre-se: pensamento não é fato. Às vezes, a mente cria histórias que não são totalmente verdadeiras.

Cuide de si com gentileza. O processo de melhora começa em passos pequenos e cada um deles conta.

Depois da chuva, o ar fica mais leve. Assim também é com a mente quando a gente se cuida.



Taking care of Yourself is an act of **COURAGE**

Feeling down doesn't mean you're weak.

It's a sign that you need attention, a break, and care.

Deep sadness does not define who you are. It shows that something inside you is asking for a little more kindness.

Taking care of yourself is an act of courage.

It's looking inward and choosing to take care of yourself, even when it seems hard.

It's possible to find your balance again and feel life regaining its color.

The sky clears again, and the umbrella can rest. The storm has passed, and you've learned to protect yourself during it.

Where to seek help?

UBS (Basic Health Unit): A gateway to care provided by doctors, nurses, and psychologists, who offer guidance and refer you to other services.

Teaching Clinic: Affiliated with universities, they offer free or low-cost care provided by supervised students.

CAPS (Psychosocial Care Center): A specialized service for people who need more intensive mental health care.

CRAS (Social Assistance Reference Center): A public service that supports vulnerable families, provides guidance, and refers them to health and social assistance services.

Psychologists offering services at a reduced rate: Some professionals offer consultations at an affordable price (reduced rate), advertised on social media and online platforms.

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