

wee changes can make a **big difference** it's okay to cry

We are all different, so, never judge your own feelings. If something is a big deal for you, even if its not for others, that doesn't matter, it's a big deal for you. Sometimes we really do need a genuinely good cry, these are wee tips to help you cry better, when you need to release your sadness.

When to cry

Cry whenever you need to. It doesn't need to be a traumatic event like the loss of a loved one, if something has you feeling you could cry.....cry.



Cry for your own pain as well as others

Sometimes its easier to cry over what is happening to someone in a film, or in a book, or listening to music, sometimes if we need to get started crying this can help release emotions which have maybe built up. BUT you may be avoiding what is hurting you. It's okay to cry for yourself too, you matter.

How long to cry for?



You can't set a time limit on tears. Avoiding having a good cry may result in you feeling sadder for longer. Trust your body, it will know when you have cried enough. If you do make the connection with where your pain is coming from and allow yourself to cry, you will find, your tears will come to a natural stop. There is no time limit on sorrow, it can be a sore time, but be patient as you will come through the other side. Its like the weather, sometimes it rains for days, weeks, but the sun eventually does come back.

Find a time and a place

Sometimes we need to stop crying and keep it together e.g. if you are a doctor and you are seeing a patient, that may not be the best time for you to continue to cry about your pain. However, later when you are alone or with people who you can share your tears with check; is the matter still unresolved and do you need to cry more? or, has the feeling of needing to cry passed. If it has, let it go, don't get stressed out if you can't recapture your pain, it may have gone of its own accord.



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Use a kinder inner voice

Sometimes our inner voice is unkind and stops us crying. Telling us: We are overreacting, men don't cry, get a grip, it's no big deal. Or, we feel we are a burden crying so apologise and want to stop. Use a kinder inner voice, be compassionate to yourself as you would for someone you love and say; I matter, and I need to cry. Don't try and stop yourself, by allowing yourself to cry you will stop naturally.



Crying around other people

Sometimes we don't want to cry in front of others in case we upset them. The most helpful thing someone can do when you are crying is sit quietly with you, offering hankies if you need them, but not trying to make you stop crying, or offering advice. This may come later, but when we need a good cry, we need a good cry, its natural.

Tears of Joy and Laughing at something sad

Sometimes, we can be happy, receive great news, and, we burst into tears. These however, are tears of joy. There's a suggestion, that tears of joy may well be the body's way of restoring "emotional equilibrium". It's also suggested we can laugh at something sad, to restore equilibrium, or to build resilience in the face of potential trauma.

This is a general leaflet on the benefits of crying, if you are working through some issues which you need support with, or struggling with thoughts of suicide, then seek help from someone, don't cry alone. There are services as well as friends and family and local community groups who care, speak to your local health care providers about support near you.

It is suggested crying is good for you. Tears contain toxins and feel-good chemicals are released in the body whenever we cry tears of sadness. Think, maybe of our tears as a waterfall we need to pass through to get to a better place, so if they need to flow.....let them, remember they will eventually stop and the sun can shine again.



Remember consult with your GP before making any lifestyle changes. For more information contact **COPE** on our website: www.cope-scotland.org

