

There are many ways of describing how **sad** someone is. You might consider using some of those listed below to add variety to your speech or writing.

**feeling sad**

be cut up  
be down in the dumps  
be in low spirits  
have a heavy heart  
hit rock bottom

be in the doldrums  
be down in the mouth  
(have) got the blues  
have your heart in your boots

**being upset**

be in a state  
cry or sob your heart out

cry your eyes out  
weep buckets