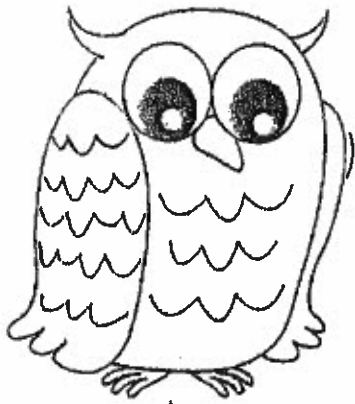


Things to Try



- Play
- Run
- Go outside
- Take a walk
- Spend time with people who care about you
- Get a good night's sleep
- Eat a good, healthy meal
- Don't be afraid to ask for help if you need it.
- Laugh if you feel like it
- Let yourself feel bad too
- Draw or Write-Create something!
- Read a book.
- Hug someone you care about

- Listen carefully
- Spend time with the person who has been affected
- Offer your help and a listening ear if he or she has not yet asked for help
- Comfort him/her
- Let the person know that he/she is safe
- Help him/her with homework and chores
- Don't take emotional reactions personally.
- Don't tell the affected person that he/she was "lucky it wasn't worse." He/she does not find comfort by these type of statements. Instead, you can say that you were sorry these events

MY PLAN FOR TODAY

