

Ways I can help myself when life feels tough...

I may have lots of different feelings and emotions because of what happened to me. That's okay.

I need to remember that I am a member of Scotty's Little Soldiers. They help lots of young people and young adults like me when their parent has died, so I am not alone. I am part of the Scotty's community.

This card from Scotty's has lots of suggestions for ways I can look after myself when life feels challenging.

Ways I can help myself when life feels tough...

Remember to ask for help and support when I need it.

Keep in touch and spend time with my friends.

Ask questions if I need more information to help me understand what happened.

Write a letter to my parent who died, telling them what is going on in my life right now.

Remember it is okay to not be okay.

Laugh, have fun and enjoy life without feeling bad about it.

Explain to other people what would help me to feel better.

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Find ways to remember my parent who has died.