

## 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 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 of ways I can look after myself when life feels challenging and tough.*

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

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

Ask questions if I need more information.

Write a letter to my parent who died to tell them what is going on.

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

Remember it is okay to not be okay.

Find ways to remember my parent who has died.

Explain to other people what would help me feel better.

Keep in touch with my friends.



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