

I DON'T NEED TO TRY TO FIX ANYTHING

AFTER A DIVORCE.

When I feel like I am out of control,
I can calm down by:

Write a letter & throw it away.

Call or hang out with a friend.

Clean or organize

Keep a daily journal.

Watch a movie or show.

Listen to music.

Read.

Draw, color or create.

Find the bright side of things.

Talk to trusted adults.

Forgive others.

Write about your feelings, then put
it away for a while.

Laugh more.

Take a walk.

Focus on breathing.

Do brain teasers.

Go outside.

Play a game.

Slow down and just be without
judgement.

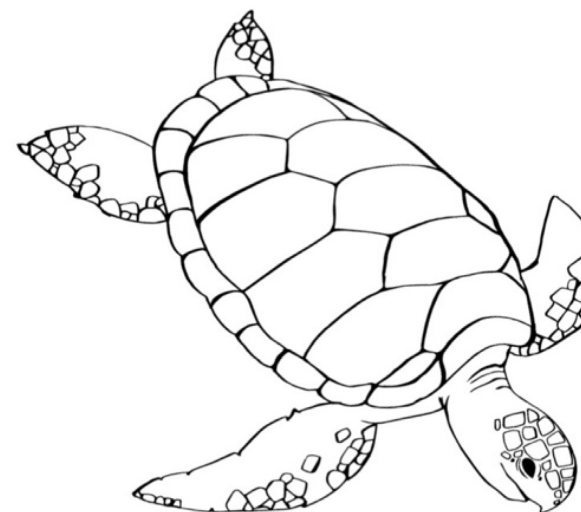
Count to ten.

Exercise.

My favorite way to calm down is:



LIFE AFTER DIVORCE



**I can ride
the waves
of change.**



Don't try to fix it.

It's not my fault.

Don't voice my opinion to stay out of it.

Only I can choose to stay positive.

Reach out for help when I need it.

Change is normal.

Every family looks different.

Things I can say to my family:

Don't want to send messages to my other parent. Please tell them yourself.

Don't feel comfortable spying on my parents and giving reports about their behavior.

It is very important to my development that you talk nicely about each other.

Don't need or want to know details about the divorce.

Can't be your friend. I still need you to be my parent.

NO FAMILY IS PERFECT.
FAMILIES COME IN
**ALL SHAPES
AND SIZES.**

Important things to
remember:

- You don't need to pick sides.
- You aren't alone. Many families go through some kind of change.
- Nothing that you did caused this.
- Nothing you can do will change this.
- Don't look at it as a failure, but as an opportunity to learn life lessons.
- Allow all of your emotions to happen and expect some big feelings.
- Stay out of conversations about the divorce.
- It's okay to be happy and enjoy life again.
- The same people still love you.
- Don't compare your life to others.
- Stay focused on your personal goals.
- Being thankful for what you have helps.
- Talk to others who have been through it.
- Helping others heals you.



IF EVERYTHING SEEMS
DARK AROUND YOU,
**CREATE
YOUR OWN
SUNSHINE!**
(MAKE YOUR OWN HAPPINESS.)

Trusted adults that I can talk to
when I need help:

