

Using Your Coping Resources

Sometimes after talking about bad things that have happened, you and your children may feel anxious or worried or upset, like crying or yelling, irritable and tired. You might even start to think more about what happened.

Here are some tips to help you feel better:



Do your relaxation exercises more often.



Eat regularly.



Get enough sleep.



Be active, get exercise.



Talk to a friend.



Do something fun (make a funny face, bake cookies, or whatever makes you happy).



Make use of your spiritual resources.



Give yourself permission to “put it away” until the next time group meets.



Tell your therapist that you are having trouble.

GEARS

Families work something like gears. When something happens, no matter if it is something good or bad, it affects everyone.

What makes your family move? All members of the family working together makes the family move in the right direction! Let's list some of the things each family member does to make the whole family move forward.



_____ does this to make the family
move/ work together!

1.

2.

3.

4.

