

## A little book about hard times



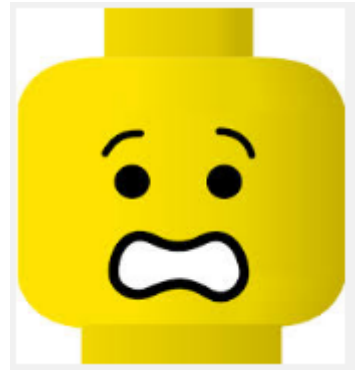
Change, loss and trying to hold on to the good things that are left.

Sometimes things **go wrong** or they **change** in ways that we **don't want** and **don't like**.

This can make us feel:



Sad



Worried



Confused



Angry

Life changes, things change and it is **hard**.

- Maybe someone has died
- Maybe someone has moved away
- Maybe we have had to move away from someone or a place we love



This is hard because we don't always get to choose or to control what happens:

☹️ We might miss the life we had

☹️ We might miss people or places we don't see any more

☹️ We realise that things can change with little warning

☹️ Sometimes there is nothing we can do to go back to the way things were

We might start **blaming** ourselves or blaming other people for what has happened

We might start **making wishes** or begging or pleading for things to be different

We might feel **things are unfair** because other people's lives have not changed

We might just **shut down** because the feelings we have are too hard and too heavy.

This can make us feel like **all hope is gone**.

We might think things will **always be sad** or bad from now on.

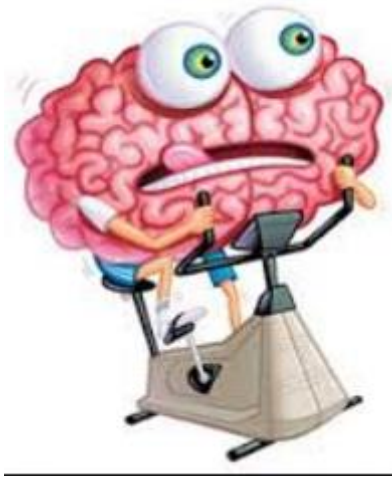
We might be **worried** that other things will happen that we can't control.

We might start to **only notice the bad things** that happen and think things will just to keep getting worse.

These feelings are VERY  
HARD but also VERY  
NORMAL.



When things change, our **brains** **have to work really hard** to make sense of what has happened:



The brain tries to **make sense** of things by:

√ Doing lots of thinking

√ Asking lots of questions

√ Trying to piece together what has happened, a bit like a very tricky jigsaw puzzle

It is tiring and means we find it hard to focus on other things like day-to-day living, school, friends etc.



We may even lose interest in eating and find it hard to sleep.



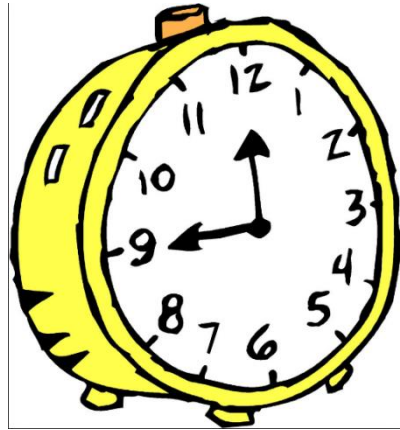
When hard times happen, our heart has to keep beating but it might hurt a lot. Our heart has to work hard to help us heal.



These things can help our heart to heal:

- **Time**- getting used to a new situation takes time, it won't all be okay straight away, but it

might feel not so bad after  
time



- **Kindness**- let people be nice, show you love and care, you need it to help you feel loved, cared for and to get strong again



- **Talking**- This helps us to get our head around what has happened. It helps us to realise it is real, to think and to plan, to work out what to do



- **Remembering**- This helps us to connect with what we have lost and to keep the memories of it alive. With time, the sad feelings will be replaced with

some nice feelings when we remember



- **Distraction**- time out is a good way to get a break from sad feelings. Just forgetting for a little while can give brains a break from thinking and hearts a break from hurting.

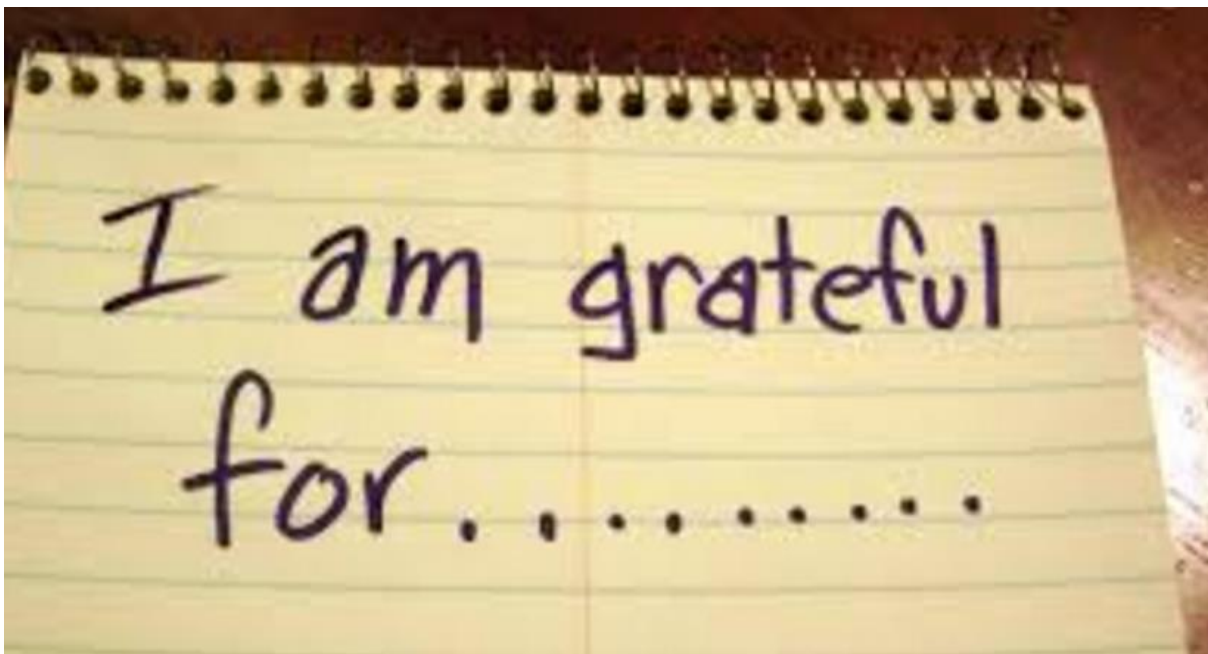


- **Information**- Sad times might be made easier if we can be clear about why something happened, what is happening now, what will happen next. This can help us to feel calm and a bit more in control.



- **Gratitude**- No matter how bad things are, it is always possible to find something good that we are thankful for. Sometimes

we have to look very hard, but it is there. Friends, sunshine, a sweet treat, a hot bath, a good sleep, a hug etc all help when things are very hard.



- **Exercise**- This releases chemicals in the brain that give us energy and make us feel awake and more alive.

- **Connecting-** Sometimes other people have had the same type of things happen or different bad things. Being with these people can help us feel understood and accepted for who we are and what we are going through.



No matter how it feels at times,

✓ WE ARE NOT ALONE- PEOPLE CARE.

✓ DON'T LOSE HOPE.

✓ WE WILL GET THROUGH THIS.

To help you think & talk:

Right now I am feeling ... (how?)

I wish ... (what? when?)

I want... (what?, who? why?)

I need ... (what, who?)

I can ... (options)

I will... (your plan)