

# Traveling through feelings

## TIPS TO HELP YOU TAKE CHARGE OF YOUR FEELINGS

**Laugh.** Laughing helps the brain make chemicals that stop pain and make you feel good. Tell jokes and silly stories with your family or with your medical team. Watch funny movies.

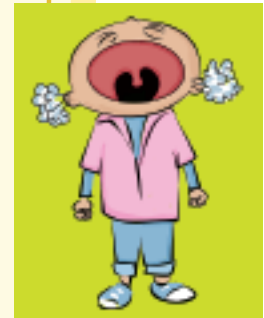
**Blow off steam!** If you feel angry, exercise, bounce a ball, or pound a pillow.

**Express yourself.** Draw pictures of how you feel or what makes you happy.

**Keep a journal or scrapbook.** Write about "Good Days" and "Not So Good Days." Each day, name three things that make you feel grateful. Listen to your favorite music. Play calming music at night.

**Visualize.** Use your imagination to remember happy times, fun outings and favorite places. Think about the things you'll do when you get out of the hospital.

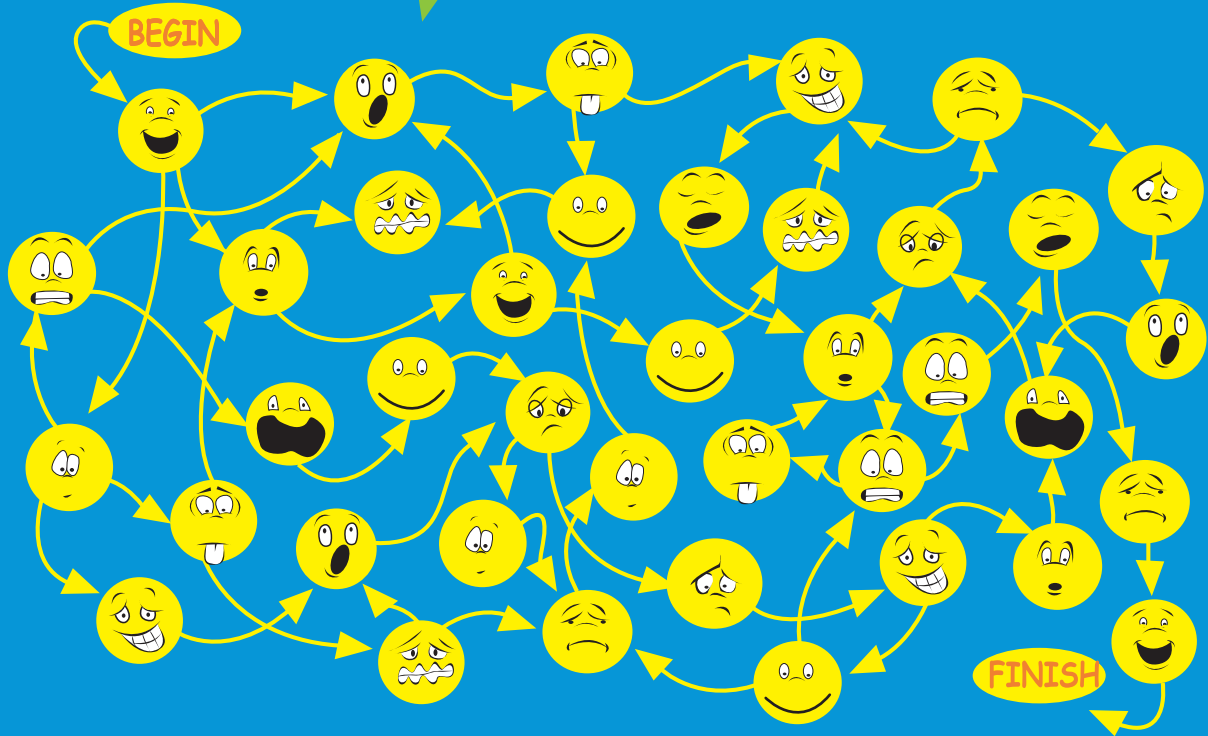
**Take your mind off things.** Do something you enjoy. Do a huge jigsaw puzzle, learn magic tricks, etc.



# TRAVELING THROUGH THE FEELINGS MAZE

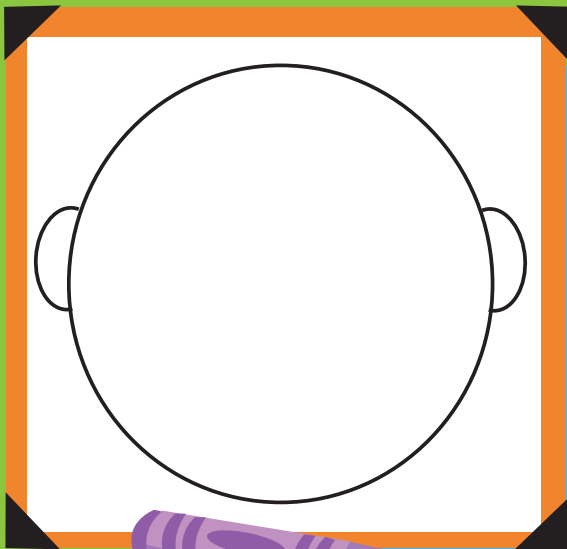
There are at least 4 ways to complete it!

Can you find your way following the arrows to get through the maze of feelings?



Sometimes we feel a whole bunch of feelings to get to where we are going.

This picture describes how I feel today



happy



embarrassed



scared



frustrated



hurt



disappointed



shy



overwhelmed



mad



content



anxious



surprised



sad



bored

