



A letter to myself.

We can feel loss and discomfort about change that happens in our lives. It is a normal feeling.

To help us manage these feelings, it is important to acknowledge them.



Try writing a letter to yourself or an imaginary person.

Think about:



- what challenge(s), change(s) or loss(es) do you want to write about?
- what about this has been challenging?
- how has it made you feel?
- has there been anything that has helped you feel better about it?
- what are you going to do in the future to feel better about it?



Keep the letter and look back at it in a few days, weeks or even months. Read the letter and reflect:



- do you still feel the same way?
- did you do the things you said you would to feel better?
- what will you do to deal with this kind of problem (or this problem if it still needs more time) in the future?

Writing down your feelings can help you to understand and accept them.



What else can you do to feel better about changes and challenges? Look at the recovery card download for more ideas.