

Scenario 1	Pros	Cons
Talk to a family member, friend, teacher or other trusted adult		
Ignore feelings and emotions		
Find people with a similar experience through online/ face-to-face support groups		
Establish and stick to a routine (e.g. eat, sleep, go to school, exercise)		
Create a memory box, photo display or scrapbook		
Express feelings by writing in a diary or writing a letter (which does not need to be sent)		
Spend time with friends or family socially		
Explore ways to express emotions through music or art		
Seek professional help and support such as counselling		
Cry, scream, shout		