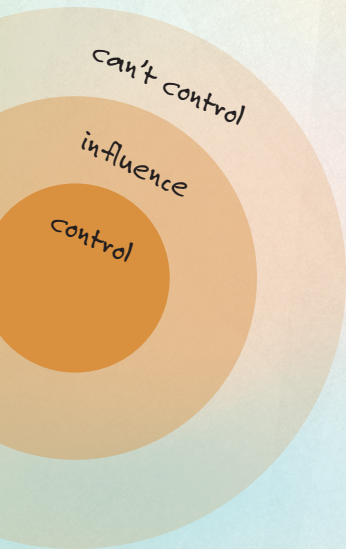


**An exercise to help cope with feelings of anxiety and worry.**

# Circles of Control

It's easier to let go of the things you can't control when you name them. For those who are worrying, panicking or experiencing anxiety, creating a diagram of what you can and can't control can be a powerful tool.



On a sheet of paper, ask the individual to write down everything they're worried about. You can even time them for 1–2 minutes, encouraging them to get it all out.

Next, have them draw three concentric circles.

In the middle, ask them to write things from their list that they can control.

In the next circle, have them write the things they can influence but can't control.

And in the last circle, have them list all the things they can't control.

Use this visual to help them focus on things in the center of the circle – the area they can control – and to remember this visual the next time their thoughts are overwhelming.

A way to help young people ask for help in unsafe situations.

# Code Phrases

When a child needs to talk about something serious,  
report a concern or get out of an unsafe situation,  
what should they do?



As young people mature, it's a great time to start talking about code phrases – special words or phrases they can use with a trusted adult to signal that they need to be picked up or talk about something serious.

Examples of code phrases can include:

- Phoning a parent from a sleepover and calling them by their first name to signal you need to be picked up or ordered to come home.
- Texting an “X” to a guardian to signal that you need them to call with an “emergency out” for them to leave or be picked up.
- Telling a trusted adult “I need some 1-on-1 time” to show that you need to have an important conversation about something.

Code phrases should always be talked about and developed with children and the trusted adults in their lives, such as parents, legal guardians, older siblings, aunts or grandparents. To start the conversation, children can sit down with an adult in their life and work on ideas for code phrases together.

Conversations to deal with loss.

# Expressing Grief

While most people think of stages of grief, the process of grieving is unique for everyone and never truly ends.





Whether it's the loss of a person in your life or a pet, people can feel a broad spectrum of emotions with grief – there's no one way to feel it. We can't control grief, and mourning can last months or years.

While young children may feel confused after a loss, teens and adults might feel angry, numb or withdrawn. It's important to be present and let them express those feelings openly, through conversations, counseling, support groups and more.

Help someone verbalize what they're feeling with a list of questions about the person or pet they've lost:

- The thing I miss most about \_\_\_\_\_ is \_\_\_\_\_.
- One thing I learned from \_\_\_\_\_ is \_\_\_\_\_.
- I feel saddest when \_\_\_\_\_.
- I feel happy again when \_\_\_\_\_.
- If I could tell \_\_\_\_\_ one thing, it would be \_\_\_\_\_.