



## How to...

### POWER OF THE PEN

Studies show that writing in a journal can boost your mood and reduce stress levels.



# Show someone your support

**Your kindness during a tough time can make a world of difference.**

Sometimes people who are close to us go through difficult times. That could include coping with an illness or other big changes in their life. You probably wish you could do something to help but might not be sure how. Just wanting to support them is a good place to begin. Here are some ideas to consider.

### Let them know you care

Your friend or family member may feel like talking about what they are going through, or they may not. If they want to share, you can help by listening. If they don't, that's OK too. It's always appropriate to let them know you care and will be there for them. You could also ask how you can support them. You could show them they are in your thoughts by making a card with a note inside, like "Thinking of you!" Making a video on your own or with a group is another option. You could also ask them if it would be OK to bring or mail them a baked treat, or you might put together a care package (see the box at right).



Simple gestures mean a lot.

### Spend time together

Your presence alone can be comforting. If possible, ask if they would like to do something together, like take a

walk, watch a movie, or do a puzzle. If it's a family member who lives far away, you can ask if they want to video chat or talk on the phone. You could also send them photos of your day to help them feel connected.

### Pitch in with small tasks

People who care about you likely want you to keep your daily routine as much as possible, even while they are enduring something challenging. But you might be able to pitch in when you can, too, with tasks like doing the dishes, taking care of a pet, or folding laundry. If a friend has missed school, you could offer to help them catch up with classwork.

### Talk to someone

Remember that your feelings are important too. It is normal to worry about someone you're close to, and it can be helpful to talk to a trusted adult, like a parent, teacher, or school counselor. You can also ask questions about anything you don't understand. (This is a better option than looking up information on the internet.) If you need additional support, with an adult's guidance you can find out more about counseling or a support group for kids.

## Care package ideas



With an adult's help, you can create a thoughtful gift basket, like one of these.

**Sunshine basket** Gather a few yellow items, like body wash, a loofah, a lip balm, and a sunflower to boost their spirits.

**Cozy comfort** They might appreciate an extra-soft T-shirt, a pair of fuzzy grippy socks, a blanket or throw, and a bag of coffee or a box of tea.

**Book lover** If you know they enjoy reading, you could give them a book inscribed with a personal note from you inside, along with a pretty bookmark made by you with paint or markers and cardstock.