

TIPS FOR COPING

- Find someone you can trust and talk to them.
- Be honest about what you are feeling and talk it through with someone.
- Don't 'bottle' things up – you have a right to be feeling as you do, but you have a responsibility (and a challenge) to yourself to make good choices. Talking is one of them. Speaking up is the best way to help yourself.
- Stay in touch with your friends – don't stop meeting up with them. Don't put off having them back to your house for too long. It may feel uncomfortable at first, but it will get easier.

- Write a diary or message board to yourself. It is good to be able to see that, while one day might get a 2/10 rating, other days get 8/10. Things change.
- Keep up with any sports teams or clubs that you belong to. Try and keep to the same routine you had before.
- Give yourself a mental break from the situation at times. Read a good book; go out and watch a match; watch a DVD; challenge a friend to a game on a play station; listen to music; go to the cinema; go window shopping; spend time on the computer; or call a friend.
- Difficult as it may be, let go of the dream of your parents getting back together again. It is not something you can control.
- Stop and think about the good and bad consequences of any choices you can make. For example, if you stay in your room all the time and keep yourself from being around people, then the good consequence might be that you have some 'space'. The bad consequence is that you have too much space and become lonely and more upset.
- Give yourself time to adjust to the family changes. It does not all get sorted out in a few days or weeks.