

Appendix

EXAMPLE LETTER TO SELF

Dear self at ____ age,

I'm writing to you from the future to provide you with some tools for when you have hard times. There are some strange and difficult times ahead, but don't worry, I have some great advice. I remember when we were twelve years old and we had that huge fight with Jim. I know you're feeling like everything is falling apart and that nothing will ever go right again. It's easy to think things like, "What if I never have friends again" or "What if everyone hates me". It feels horrible! I'm writing to you to give you great tools so that you can bounce forward from anything.

I just learned that resilience is about using your values and the support around you to help guide your body, actions, and mind. It's easy to remember, it's V→BAM. We can use our values to help motivate us to take actions that will affect our mind and body.

First, you can Just Breathe! When you're stressed out or worried, stop what you're doing, inhale slowly to the count of four, hold it in for four seconds, then release slowly to the count of six. Now do that three times. It works!

Also, when you start thinking that you'll never have friends or that nothing will ever be right, you can challenge those negative thoughts because they're not always true! You can ask yourself what you would tell a friend who is thinking the same thing. Now does it seem realistic? Just so you know - you have friends now. and you're not alone! Every time you think a negative thought, try to replace it with one positive thought.

You're going to face some challenges, but also remember to speak kindly to yourself and use strategies that will help you bounce forward.

Love, Me.