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Age	What I was going through	What I used to get through it	How that helped me
12-13	Loss of a loved one	Music	Music helped me because during the time my family was fighting over who got what, they weren't focused on the importance of celebrating our entire life and lived in that house with them. I didn't think what they were arguing about was important. I took it into my own hands to help myself get over it, I listened to music that felt the way I felt, whenever I felt like I was gonna cry I turned on some calming music, to help calm me down. That helped me a lot. I was able to focus on getting the house cleaned up while being happy and not thinking about the sadness surrounding me.
0-now	Parents separating	Listen, write it down, color, exercise	This is one of the biggest things going on in my life, my parents have been separated since I was born, they've both been at each other's throat for a while, but I get through it by going into my happy spaces, those are coloring, exercising, watching tv. Over the years i've been able to learn to accept what the one parent says about the other and vice versa, but I am able to let it go now, if I don't feel like it is important or that they

