

Silver Linings

Reaching out in troubled times.

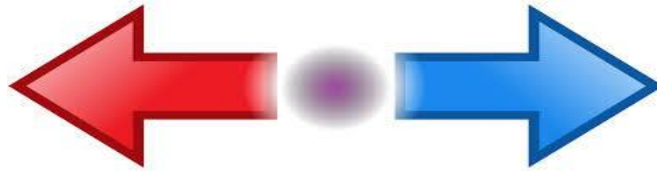


This book belongs to:

Participant Booklet for ages 12 – 17

Silver Linings

Arrows



Arrows can be just symbols on a page, or they can...

Point the way.

Lead us forward.

Turn us around.

Give direction.

Send us back.

Keep us going.

Show determination.

Life's situations and circumstances are not usually answered by someone or something pointing the way.

There can be many different 'arrows' or directions beckon us to follow their lead, transfer our strengths or re-evaluate our decisions.

The outcome of our resolve isn't always known when we first decide upon choices.

We can depend on others who are embarking on the same journey to help us along the way.

Together, our journey begins today... where will the arrows lead you?

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Me? Talk About Feelings?

The crisis event that brings you together today is important for you, your family and your community.

Have you had a chance to talk about what you've heard and your thoughts about this traumatic time?

Maybe you have a personal story to tell.

Has anyone asked you how you **FEEL** about this event?

Sometimes feelings are really the hardest thing to think about and can be harder to **TALK** about.

Feelings are a natural and personal part of you just as your hair or eyes.
EVERYONE HAS THEM – LOTS OF THEM.

It is important to understand that feelings are never right or wrong – good or bad – **THEY JUST ARE!**

Too often, people may feel unsure about expressing their honest feelings. They may fear rejection or lack of acceptance.

Sometimes, we have feelings such as anger, depression or loneliness and we hide them deep inside ourselves.

Keeping feelings hidden and pushed down can never help us understand them. Releasing feelings by talking about them can help us get through the difficult times and lead us to ways to express them positively – no matter what they are.

Talking about your feelings cannot change a situation, but it may help you gain an attitude of understanding about it.

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Me? Talk About Feelings?

It may be difficult to just **start** talking about feelings. Let's try remembering events first. Answer these questions about the Crisis Event and afterwards from your personal experience and perspective.

➡ **Where were you when you first heard about the crisis event in your community? How did you hear about it?**

➡ **Where you directly affected by this event or do you know someone else who was? What happened to them?**

➡ **Is there someone who has become your personal hero because of their role in this crisis event? Who is that person and why?**

➡ **Is there a personal story or news report that made an impression on you? Can you share it with the group?**

Did you notice that when you talk to someone about these events for the first time it all seems to be happening again? That's because we all have strong emotional responses to these events and all the people involved with them. Turn to the next page and let's talk about our feelings surrounding these events and the people in our lives.

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Me? Talk About Feelings?

Feeling word or phrase

All the letter lines below are without vowels or punctuation. Each describe a feeling word. Decipher what each line represents.

Hppy

Pwrlss

Hrt

Shckd

Cnfsd

Trrfd

Frstrtd

Cnfdnt

Hplss

Dsgstd

Hystrcd

Answers

Use this space below to write more words to describe your feelings during the crisis event.

Talk together about the events you described and think about your feelings.

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Me? Talk About Feelings?

Personalise your own car license plate that sends a message about a feeling you are having now. Use only 8 characters – or draw your feeling instead.

TRFFD



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Me? Talk About Feelings?

Any crisis event you experience becomes part of your past and will shape your future. This page gives you a chance to write about your thoughts and insights which you hold today.

My Personal Journal

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Life Changes

Change is a process not an event

When a Crisis Event happens, whatever it may be, even people who do not know anyone directly involved, may feel deep sadness and confusion. You could say that life appears to be like a blurred photograph – we remember how life looked before, but we are not able to see clearly how life should be today. If we are wondering how we should feel, how we should act or what you should do – you are not alone. **Everyone** shares these same questions.

Changes are not always easy – sometimes they can be challenging. Tackling change can make us stronger, more resourceful and lead us to unique solutions that we never dreamed possible beforehand.

When extreme sadness is part of our life and everything is spiralling out of control and we are trying to work out what to do, we are **grieving**. Grieving is normal when the world as we know it is turned upside down due to loss.

For all of us, it is important to sort through the scattered pieces of what used to be and reassemble an acceptable new world for ourselves. Circumstances at this time may make this extremely hard to do. But, working together can make any task easier – and that is what we need to do.

Maturity not only makes us stronger, but also clears the way for us to be a more caring, concerned person. As we grow, mentally and physically, holding onto our memories is important because they help us to understand where we were and why we are the person we've become today.

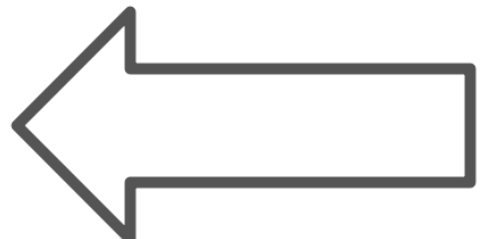
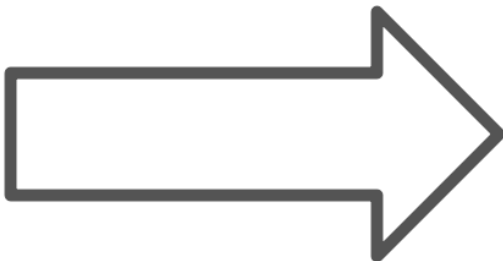
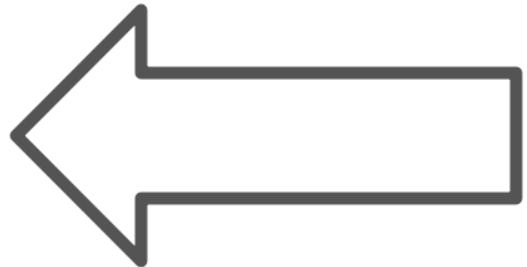
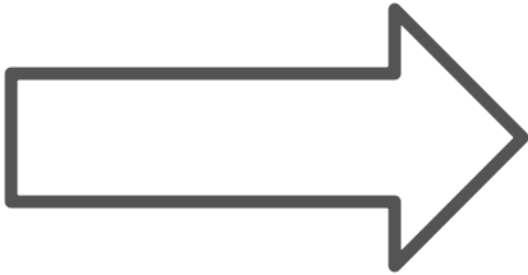
Your memories of life before this Crisis Event can help you to find direction so you can grieve and move on to build a better life for yourself and those who share your world.

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Life Changes

The events of one single day can change the course of countless aspects within a community and sometimes throughout the world. Some people experience smaller changes while others suffer permanent and life adjusting changes.

In each **arrow spaces** below, write a word in each that signifies a change you believe has occurred because of the crisis event.



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Life Changes

My Personal Life Changes

Tick each statement that shows a life change you have experienced during these difficult times and add your own.

| | |
|---|---|
| √ | |
| | I talk to my friends, relatives and those I care about more often. |
| | I appreciate the differences and similarities of people more than before. |
| | I attended a memorial service. |
| | I donated my time, talents or money to assist my community. |
| | I understand what this is all about. |
| | I want to join the armed forces. |
| | I don't want to join the armed forces. |
| | I don't mind long security queues at the airport. |
| | I found new people to trust and depend on now. |
| | I value my country and freedom more than ever. |
| | I appreciate that I am alive and have choices in the way I can live. |
| | I can't see what this has to do with me. |
| | I have spoken to people I don't normally speak to. |
| | People have been extra caring towards me. |
| | No one seems to care about me. |
| | |
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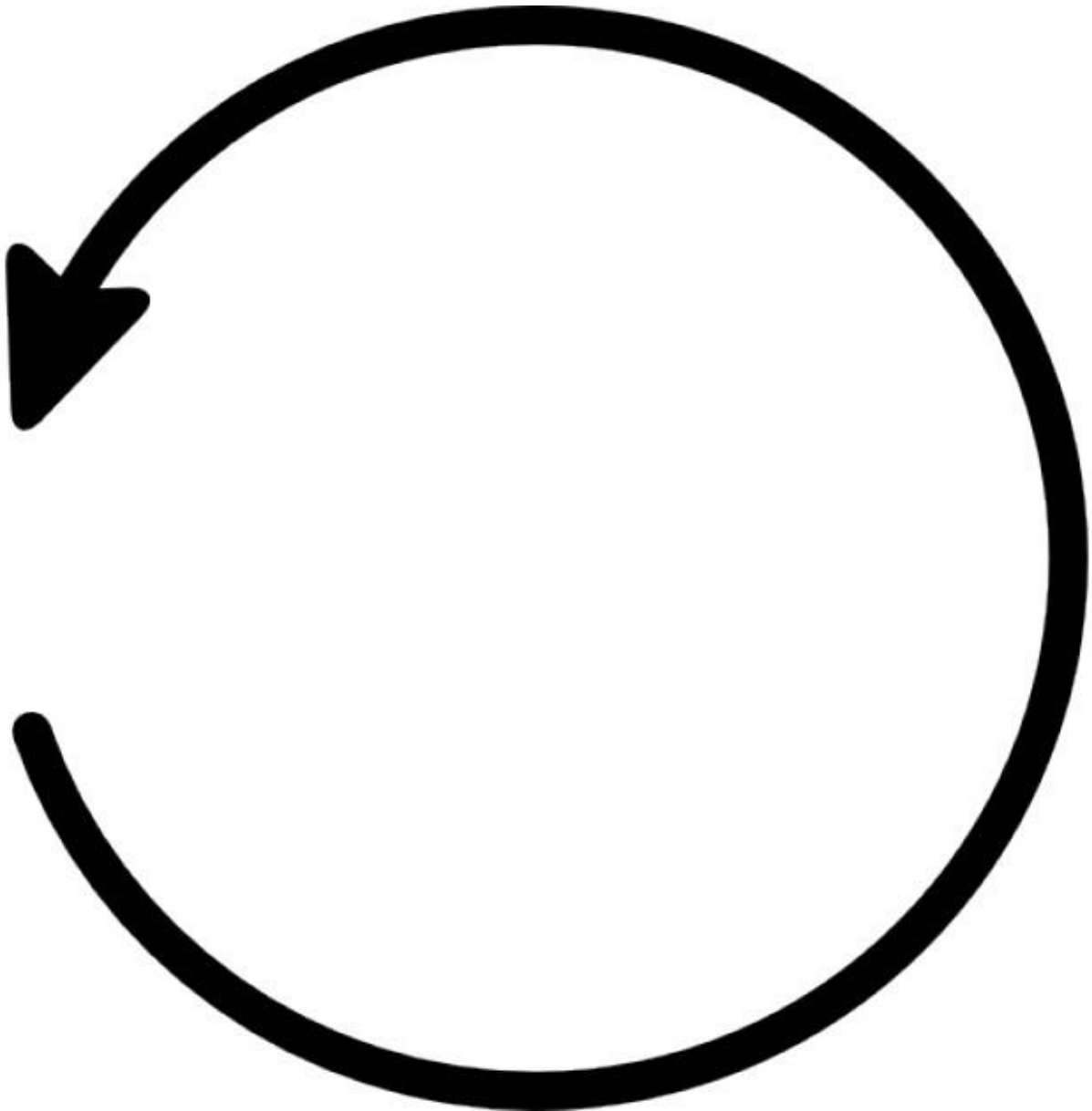
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Life Changes

Our persona; changes are made up of many small details, feelings and ideas. Even though some may affect us more deeply than others, we need to continue on in the best way we can.

Think about the ways you can continue in your life now that these changes are a part of it. Write about the changes in the spiral below.

Spiral of Change



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Life Changes

My Personal Journal

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Fear – Anger - Understanding



When we are **ANGRY**, there is often some underlying **FEAR**, we may not realise. A normal reaction to something fearful can be to protect ourselves by showing anger. **What we do with our anger is important.**

If we think through our feelings of anger and learn ways to express them appropriately, we can discover better ways to cope with our fears.

Suggestions to cope with our anger

Decide not to let your fears paralyse you.

Take a few deep breaths.

Try to let go of your anger rather than keeping anger inside.

Find others who will listen to you.

Think before you speak.

Describe how you FEEL about the situation – think about your choice of words.

Know that it's okay to laugh – humour distracts anger and fear.

Find a resolution quickly – let it out – move on.

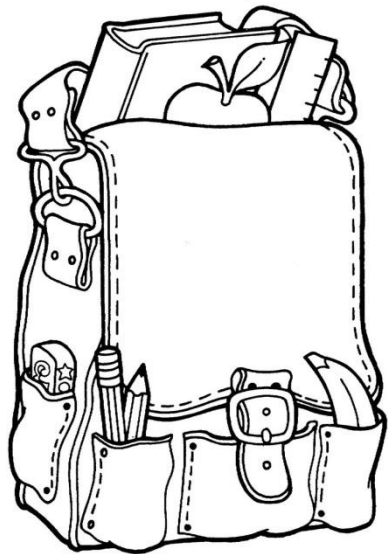
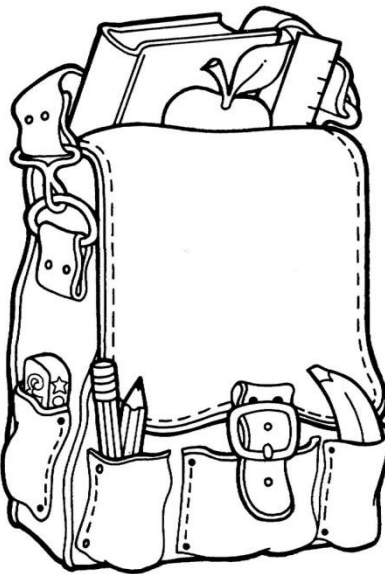
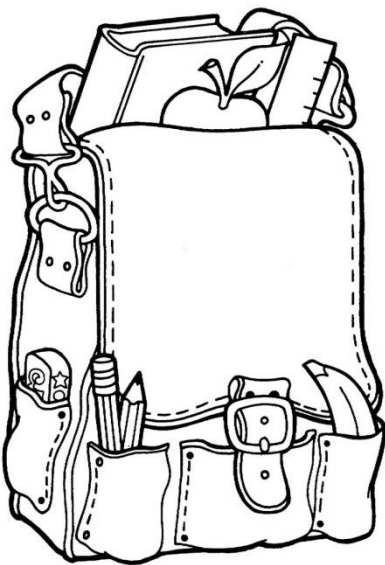
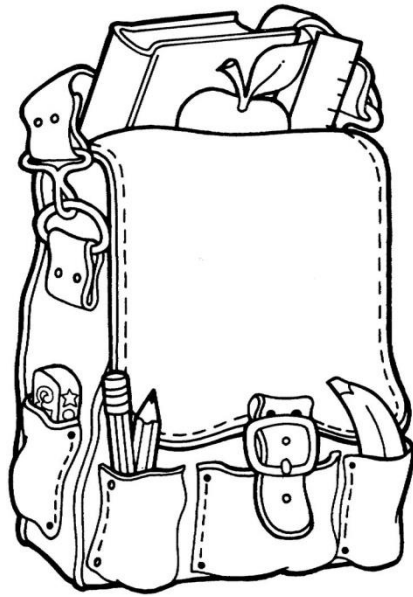
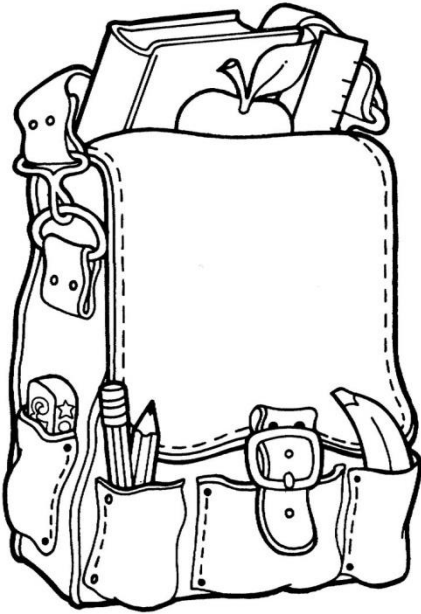
As caring human beings, we need to accept our feelings – including anger – and acknowledge they are part of each one of us.

Staying focussed on our anger and letting it control our actions will never solve any problems.

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Fear – Anger - Understanding

What FEARS or ANGER are you carrying with you today? Write or draw them on the backpacks below.



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Fear – Anger - Understanding

Uncertainty, danger and crisis cause fear in people of all ages. Once a person feels out of harm's way anger can often follow – quickly and steadily. What we decide to do with our anger is key in our decisions to control our own lives. These are natural feelings and part of being human.

Feelings can assist us as we move towards understanding what these events will mean in our lives.

Think about what has happened and quickly write the first words that describe your ideas or feelings under the headings which follow. When finished, compare your reactions with others in your group. Have you been able to find your path to understanding yet?

| Fear | Anger | Understanding |
|-------------|--------------|----------------------|
| | | |

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Fear – Anger - Understanding

My Personal Journal

Write about one of your strongest reactions from the previous activity.

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Endings and Beginnings

‘What we call the beginning is often the end. And to make an end is a beginning. The end is where we start from.’

T. S. Eliot



What would you like to add to this quote?

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Endings and Beginnings

THEN and NOW!

Read each word in the boxes and **explain** how you viewed its meaning - **then** (during the Crisis Event) and **now**.

Heroes

Safety

YOU

Anger

Life

There have been changes that can be viewed as ups and downs. We all have had to examine our feelings about them. Our community, our world and our personal viewpoints have been altered. Beginnings are challenges everyone has to face – what will be your attitude?

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Endings and Beginnings

THEN and NOW!

Under each of the headings ENDINGS and NEW BEGINNINGS write your own experiences of Endings because of the Crisis Event, for every Ending you write, imagine a possible New Beginning you may be able to pursue and write it down.

ENDINGS

NEW BEGINNINGS

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Endings and Beginnings

Choose one New Beginning you decided to pursue and write about how you will accomplish this new endeavour.

‘It’s a new beginning...’

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Endings and Beginnings

My Personal Journal

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Coping in the World Today

Some of life's problems do not come with just one solution. To solve a problem, answers or actions we decide to take may need to be adjusted from time to time. And, just when we think we have a handle on things, we often need to look for new and different answers again.

One of the most important skills we can learn when trying to cope with our problems or '**personal storms**' is to find those caring, trusting people who can be our mentors and guide us in finding the best solutions when making life choices. Just because you are a younger person does not mean you can't think of how you should live or cope with your problems. When something really serious becomes part of our lives, we need to know it is a good idea to reach out to others for support. They can be our anchor and give us strength to help us through the rough times.

It is also good to remember that the solutions to some of life's 'storms' can take TIME – and lots of it. Bring patient with ourselves and others does not necessarily mean we are not doing anything. Allowing ourselves time to decide what is best can keep us from jumping into something without thinking it through.

LIFE is a balancing act of...

WHO to talk to... WHAT to do... WHEN to act...

**And HOW to move forward...
to the best of our ability.**

"Avoid solutions that are worse than the problem." Aesop, Ancient Storyteller

"Do not attempt too much at once." Aesop

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Coping in the World Today



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The way you deal with a **crisis** depends on many factors. Reaching out and looking for support from others can help to us resolve our problems. Answer the following questions with your own ideas and solutions.

Who is the person you admire most for their leadership, compassion and strength during these trying times? Why?

What do you feel your community leaders should or should not be doing at this time?

What important personal lesson have you learned because of this crisis?

What are some ways people in the community can gather their strengths and unite?

Make a list of people you know you can trust and count on to listen to your concerns.

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Coping in the World Today

Handle With Care

People face many new challenges in the world today. This crisis has become an added burden – piling on an added challenge.

List some of the challenges you are facing now.

How do you plan to address your challenges?

Thinking of all the discussions we have had together, what is the one question you would like answered?



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Coping in the World Today

My Personal Journal

Silver Linings

My Own Universe



‘The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will.’ *Vince Lombardi*

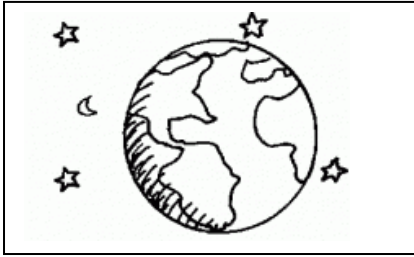
Often, wisdom can be found in very simple things. Everyone has an opportunity to make a difference when they search for a GOAL in their lives and work to achieve it.

Tragic events and difficult situations can make us feel powerless. Yet, we don’t need to continue to feel that way.

We can focus on our own personal strength and use our own energy to make changes to better ourselves, our lives and others in our community.

Goals don’t need to be **HUGE** or **BIG**. By reaching our small goals, we determine for ourselves, we are able to build upon them and go on to bigger and better things. All the while, we can find people to support us and our goals, so we can move on to the next challenge we encounter.

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My Own Universe

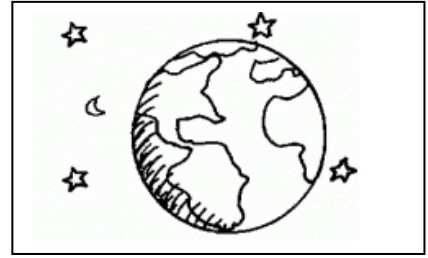
What did you learn or gain from being part of this Silver Linings group?

What will you do differently because of your participation in this group?

What is your greatest priority or opportunity now?

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My Own Universe



‘The World I Live In Depends On Me’

What are you looking for?

Rank the following from one to nine with 9 being the greatest value to you:

An exciting life _____ A world of beauty _____ National Security _____

Inner Harmony _____ True Friendship _____ A sense of accomplishment _____

Happiness _____ Freedom _____ Family Security _____

My Personal Goal is...