MY BRAVE JOURNEY

A JOURNAL FOR TEENS WHOSE PARENTS HAVE CANCER

WHAT WERE YOUR IMMEDIATE THOUGHTS AND FEELINGS WHEN YOU FOUND OUT YOUR PARENT HAD CANCER?

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WHAT QUESTIONS DO YOU HAVE ABOUT YOUR PARENT'S CANCER?

You can turn to parents, doctors, nurses, social workers, and other trusted people as reliable sources.

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WHICH FEELINGS HAVE BEEN THE MOST OVERWHELMING FOR YOU LATELY?

It's completely natural to experience a variety of emotions, including fear, sadness, confusion, anger, and loneliness.

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WHAT ARE YOU DOING TO LOOK AFTER YOUR PHYSICAL, EMOTIONAL, AND MENTAL WELL-BEING?

PHYSICAL:

EMOTIONAL:

MENTAL:

Here are just a few examples:

- Eating a well balanced diet and avoiding junk food.
- Getting 7-8 hrs of sleep.
- Journaling!
- Reading or painting

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WHAT ARE SOME WAYS YOU CAN HELP YOUR FAMILY?

Doing chores, helping take care of siblings are some of the ways you can help. Simple acts of showing your love, such as listening and giving a hug, are helpful too!

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IF YOU COULD WRITE A LETTER TO YOUR PARENT, WHAT WOULD YOU SAY?

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WHAT DO YOU WISH OTHERS UNDERSTOOD ABOUT WHAT YOU'RE GOING THROUGH?

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WHAT'S SOMETHING YOU'VE LEARNED ABOUT YOURSELF THROUGH THIS JOURNEY?

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You're not alone