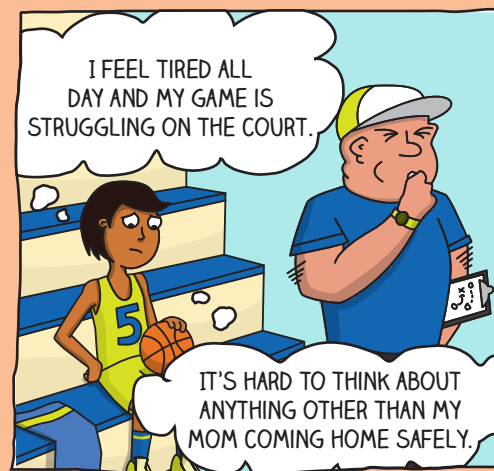


HOW TO COPE

WITH A LOSS OF APPETITE

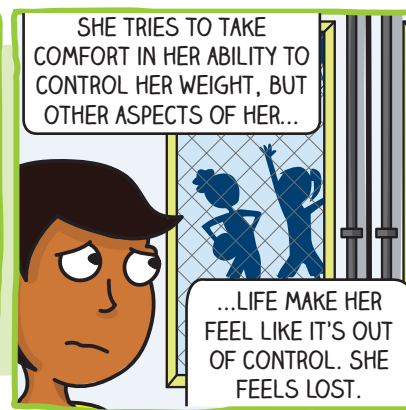


PICK A PATH



SEE WHERE YOUR PATH LEADS

THERAPY TIME



MEETING WITH A MENTAL HEALTH SPECIALIST CAN BE SCARY. TALKING WITH YOUR THERAPIST ABOUT WHAT TO EXPECT CAN HELP YOU FEEL MORE SECURE. HERE ARE SOME QUESTIONS TO GET THE CONVERSATION STARTED:

- 1 ARE THE THINGS WE TALK ABOUT CONFIDENTIAL AND SECRET? OR WILL YOU TELL MY PARENTS EVERYTHING THAT I TELL YOU?
- 2 HOW DOES THERAPY WORK?
- 3 WHAT SHOULD I DO IF YOU WANT TO TALK ABOUT SOMETHING, BUT I DON'T WANT TO TALK ABOUT IT?
- 4 WHAT IF I CHANGE MY MIND AND DON'T WANT TO GO TO THERAPY ANYMORE?

IT'S NORMAL TO FEEL LIKE THINGS ARE UPSIDE DOWN WHEN A PARENT DEPLOYS, OR WHEN THERE'S STRESS AROUND THE HOME. BUT IT'S REALLY IMPORTANT TO REACH OUT WHEN TIMES GET TOUGH, AND NOT TRY TO MANAGE EVERYTHING ON YOUR OWN. PARENTS, TEACHERS, COUNSELORS, FRIENDS – EVERYONE WANTS TO HELP. THINK ABOUT HOW YOU FEEL WHEN YOU SEE SOMEONE STRUGGLING. IT FEELS GOOD TO BE ABLE TO HELP A FRIEND, AND IT'S OK (AND THE RIGHT THING TO DO) TO LEAN ON OTHERS WHEN YOU'RE DOWN.

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