

Maggie's Health Tips



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We all need someone to talk to.

Sometimes even kids need someone to talk to when they can't deal with a problem on their own. If you have a problem, don't be afraid to ask for help. Your caregiver may send you to a therapist for therapy. A therapist may help you talk about your feelings and learn new skills.

At first, your therapist will talk with you and your parent. Therapists ask questions and listen. This helps them learn more about you. The therapist will tell you how they can help.

When the therapist knows you better, the two of you might:

Talk. Talking is a healthy way to express feelings. Kids are more ready to learn when someone listens to how they feel.

Play and draw. Therapists use games that teach things like taking your time on schoolwork or other tasks. Some games teach kids how to try again instead of giving up. Drawing can teach about feelings.

Do activities. Therapists might teach lessons about feelings, coping skills, or facing fears. Activities help make these lessons more fun.

Practice new skills. A therapist might teach you skills like mindfulness and calm breathing. These take practice. Therapists help you practice what you're learning.

Solve problems. Your therapist will ask about how problems affect you at home and at school. They will talk with you about how to solve these problems.

Fill out the five blanks below.

5 THINGS THAT I LIKE ABOUT MYSELF...

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____



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Si usted, o alguien a quien está ayudando, tiene preguntas acerca de Magnolia Health, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-866-912-6285 (Relay 711).

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