



Day 12

**Journal Prompt:** If you did not have fear, what is something you would do? How can you overcome your fear?

**Activity 1:**

Get a piece of paper and write down songs for the following:

- Song that makes you want to dance (Anxious)
  - Song that makes you feel calm (Angry)
  - Song that makes you feel loved (Alone)
- Song that reminds you of a time you had fun (Sad)

Music is a way to release your emotions. Next time you are feeling anxious, angry, alone or sad, listen to one of these songs. What other songs would you add to your playlist?

**Activity 2:**

Play paper basketball!

Get a basket or empty trashcan and place it across the room.

Try and make baskets from further and further away. Add obstacles for a more difficult challenge!

You don't have to be positive all the time. It's perfectly okay to feel sad, angry, annoyed, frustrated, scared and anxious. Having feelings doesn't make you a "negative person". It makes you human.

LORI DESCHENE



HealthyPlace.com

**CRISIS WARMLINE: 410-768-5522**