



***A guided journey through self reflection***

**\*\* COMPANION GUIDE \*\***

Dear Partner in Wellness,

Thank you for embarking on this journey with me, with the hope of helping teens feel a sense of normalcy, share their feelings, and be receptive to seek help from those around them. A second goal is to educate adults and parents that their effort to fix everything is often not helpful. If teens are feeling a certain way, they need assistance developing strategies to feel better and make progress. What they don't need to hear is simply that "everything will be fine". Likely, things can be fine and will be fine! But teens need adults to lend an ear, be empathetic, and get them the help they need.

**Coloring to Clarity** is a project I created as a journaling tool for kids and teens who, at times may feel bored, tired, stressed out, sad, or simply not know how they feel. This project is based on experience as a teen, peer leader, and friend. Its recommendations are based on books and articles I have read, observations and feedback from pediatricians, therapists, nurses, and fitness experts. The creativity is my own, the logo developed for me by Debbie Barnett Sagurton, founder of Barnett Design.

The journal is meant to be introduced as a resource and workbook to be read and reflected upon over time, the prevailing themes being:

1. Varied feelings are a normal aspect of growing up, and especially these days, in the wake of COVID years.
2. There are time trusted strategies for feeling better, and creating your game plan using them can help!
3. Everyone needs help! We need professionals to fix plumbing, auto shops to fix cars, engineers to build roads and architects to build homes. Why then, would we not call upon professionals to help us create the most comfortable and productive emotional self?

The following page is a suggested introduction to the project. In conjunction with the journal, I've created Instagram and a Facebook page so that we can try to connect on strategies and resources. I hope you find these materials helpful in your efforts to help others, and thank you again for joining me on the journey as we promote **Coloring to Clarity**.

Best,  
Abby



1. Casual Introductions.
2. Distribute Index cards to gather anonymous topics for discussion.

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Write down two things that make you happy:

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Write down two things that make you sad:

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3. Collect and read off the index cards, asking for feedback- has anyone felt this way? I know I have!
  4. Discussion: Things that make some of us happy, make others sad.  
Example: A rainy day.  
Things that are exciting to some of us- make others of us nervous or anxious.  
Example: Fireworks or a parade.

Conclusion: It's okay that we feel differently and it's okay if we feel varied on different days. The important thing to know is that there are ways we can learn to relax, that we should talk with someone if we feel sad, over tired, and anxious, and that it is smart to accept help from those who know how to help!

**Coloring to Clarity**, the workbook we've provided, is yours to read, color, and take home. There are activities and many ideas about ways to relax, you may find helpful in the days and weeks ahead.

If you'd like to connect with **Coloring to Clarity** on Instagram or Facebook visit [@ColoringtoClarity](#).

These are places to share ideas, inspiration and resources so everyone can establish and plan practices and resources so we all spend more time feeling fine and building our most comfortable and productive emotions!

Teens have a lot going on, so if you are feeling tired or stressed, talk to a trusted friend, teacher, parent or counselor. They are ready to help!