

ERMiN Journaling Guide



Sometimes parents can have disagreements with each other and this is totally normal. It's okay to have differences when being in a relationship together. It's how we solve these differences with each other that's important.

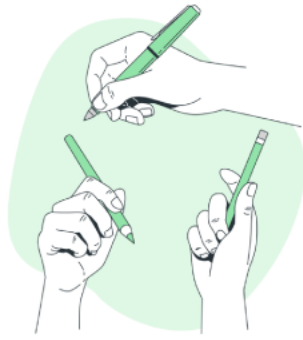
You can use this guide as a way to journal your feelings. Journal pages can be about any topic you want. Examples include things you are grateful for, things that make you smile, events that have happened that day or things you are worried about. There are so many topics you can write about, but it definitely doesn't have to be presented in a neat way - it's just a way of scribbling all of your feelings onto a page.

Who are you? Start by drawing about your likes and dislikes here.

Who is in your family? What are the best bits about being in your family?



Children & Young People's
Health Services
Norfolk & Norwich
Just from Norfolk, we're not.
0300 300 0123



i feel...

(Circle any relevant words)

annoyed?

Scared?

Unbothered?

Tired?

Nervous?

Worried?

Confused?

Disappointed?

Shocked?

How do you feel when your parents argue?



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**When you are worried about your family,
what are 5 things you can do to take care of yourself?**

1. _____
2. _____
3. _____
4. _____
5. **Slow breathing exercises**



Can you think of a good family memory and draw it here?

Support Services in Norfolk & Waveney

Children's Advice & Duty Service (CADS) at Norfolk County Council

0344 800 8020

www.norfolk.gov.uk/children-and-families/keeping-children-safe/report-concerns

Childline

www.childline.org.uk/get-support/contacting-childline

Kooth

www.kooth.com

MAP

<https://www.map.uk.net/find-us>

Young Minds

www.youngminds.org.uk/young-person

FYI Norfolk

www.fyिनorfolk.nhs.uk

Your GP

You can contact your GP at you local surgery and make a private appointment without a parent or carer present. It's confidential and they can help you.



Plan who you can talk to, and where you can get support: