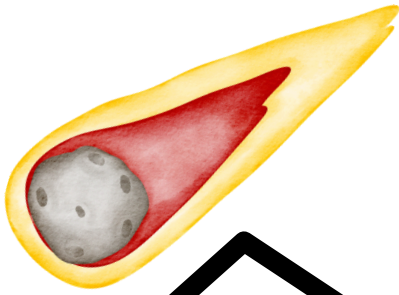




# Memory meteors



You've been feeling okay (ish, at least), and then seemingly out of nowhere comes a memory meteor that sends you crashing straight back onto Planet Grief...

How my body feels when a memory meteor comes:



Smells that trigger memory meteors:

What was nice about my memory meteor:



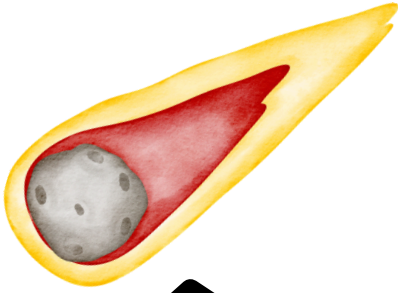
What I didn't like about it:

## Top tip!

When a memory meteor comes, it's really important to look after yourself. You could try: talking to someone you trust, writing down your feelings, or hugging your teddy.



# Memory meteors



Sounds that trigger memory meteors:

What I was thinking about in that memory:



What I didn't like about it:

What was nice about my memory meteor:

## Top tip!

Sometimes memory meteors can come at really difficult times. You might not be with someone who can help you, and you might want to be distracted instead. Try breathing in for 5 seconds, holding it for 5 seconds, breathing out and repeating. This can help to calm your worries for a little while.





# Memory meteors

