"Calm"

1. Kingston, by Faye Webster.

2. Echo, by Clairo.

3. Attracted To You, by Pink Panthress

4. So Easy (To Fall In Love), by Olivia Dean



I chose these songs because I like how slow they are, and I love the way the melody sounds! I find myself coming back to them a lot, when I'm sad or happy.

Conn-
ection

Love

Resilie-
nce

Creativity

forgiveness

Self-
reflection

Patience

Understa-
nd-
ing

Kindness

Tranquility

Strength

my Community

art

My
bro-
ther

My
friends

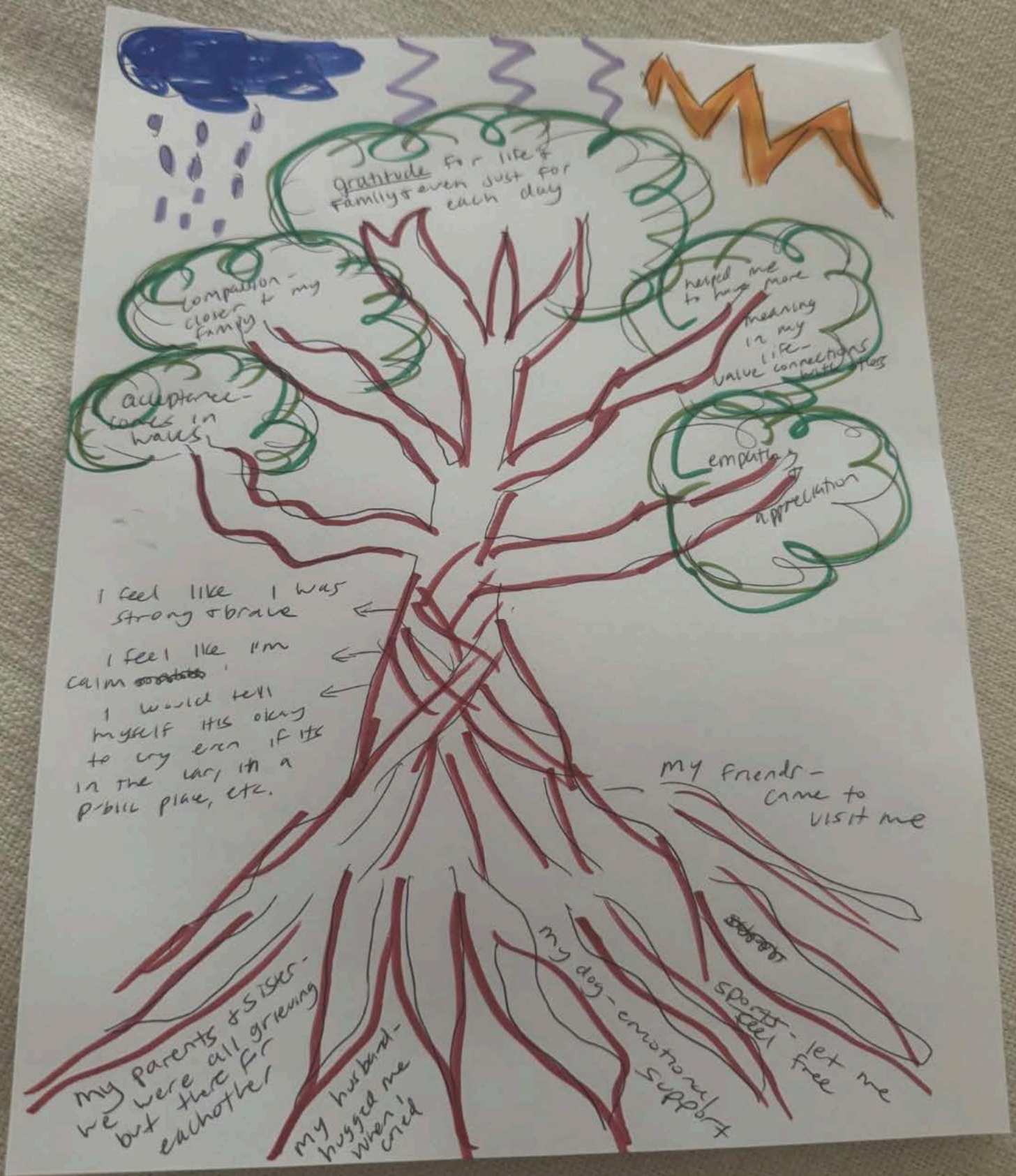
My Mom

My
dad

My
family

Freewrite: (5 min.)

Thinking back to an experience, the first thing that came to mind was experiencing grief & when my brother passed away. I remember feeling so in shock & like I couldn't believe it was real - just like living in a nightmare. I even felt like my family was broken. & I felt so much pressure to be there for everyone else. I remember there was a time that I felt like how to I pretend like everything is okay & I had so many responsibilities (school, work, etc) & also process how I was feeling. What helped me through the hardest thing I've experienced? My husband for sure, my parents, & also just time. I don't think time ever heals the hole - but it does help lessen the pain. but I know it's not something you get through or over - it was more so I just started to accept the reality.


gratitude for life & family & even just for each day
compassion - closer to my family
helped me to have more meaning in my life - value connections with others
acceptance - comes in waves
empathy & appreciation
I feel like I was strong & brave
I feel like I'm calm
I would tell myself it's okay to cry even if it's in the car, in a public place, etc.
my friends - came to visit me
my parents & sister - we were all grieving but there for eachother
my husband - hugged me when I cried
my dog - emotional support
sports - let me feel free