

# Ezra's Invisible Backpack

## TOOLS TO LIGHTEN YOUR BACKPACK

When your invisible backpack feels heavy, there are things you can do to take care of yourself. Even if a brick you have can't be changed or fixed, there are ways to make your mind and body feel better! Here is a list of some things we like to do when our backpacks are full:

1. Do an activity that makes you happy. This could be drawing, dancing, taking a walk, playing a game. Whatever makes you happy and takes your mind off of your backpack for a little while!
2. Write down your feelings in a journal, even if it's just a few sentences. Writing is a good way to pinpoint your fears, anxieties, troubles, and more.
3. Talk to a friend, family member, teacher or someone you trust. Saying the words out loud and naming your bricks can be helpful. You can ask for advice, or just a listening ear.
4. Give someone you love a hug. Sometimes a little physical affection goes a long way.

**What is something you plan on doing the next time your backpack feels heavy?**

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