

Serving Siblings of Children with Cancer

SuperSibs!

Powered by: Alex's Lemonade Stand Foundation



PLAYBOOK
SPRING/SUMMER 2022

Spring has sprung and summer is near, SuperSib! Life isn't always a beach—sometimes the waters are calm and sometimes the sea rages. Our feelings can be just as powerful as the ocean, but we can learn to surf the waves that come our way instead of letting them wipe us out. ***Just keep swimming, SuperSib!***



For more SuperSib stories and to submit your own, visit [SuperSibs.org](https://www.supersibs.org)!



Meet SuperSib Jack

Age: 15

My Advice to Other SuperSibs: Find a hobby that you enjoy to help you keep your mind off of everything.

When Jack's brother Brady was diagnosed with glioblastoma, it was an eye-opening experience.

"You hear about kids being diagnosed with cancer, but would never imagine your own brother would be," said Jack.

In the early stages of Brady's diagnosis, Jack was extremely worried, cherishing all the time they could spend together hanging out and playing video games. Unfortunately, because of the COVID-19 pandemic, Jack has not been able to go with Brady to any of his recent appointments. So Jack has shown up in other ways. While remote learning, Jack helped his younger sister with her schoolwork while maintaining his own straight As. He's learned to do laundry, prepare meals and take care of other chores around the house.

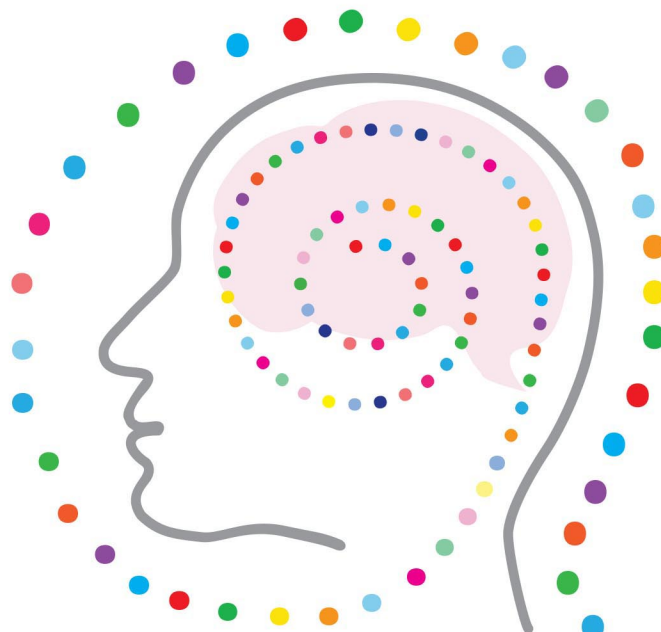
Jack still worries about Brady, but is grateful to spend time with friends and family, plus play on his high school baseball and basketball teams. The activities help him take his mind off what is going on. He hopes when he is older, he can work a job where he can use his mathematical skills.



Sometimes our emotions lay quietly until they fade away, and other times they bubble below the surface waiting to erupt. Emotions can be powerful and felt in your whole body. Emotions can make you feel on top of the world, joyous, elated, excited... or underneath it, sad, angry or even just confused. Tackling emotions is complex and it takes practice to understand and process what you are feeling. **Anger** is a particularly complicated emotion, but one felt by everyone at different points in their lives. It is normal to get angry sometimes. Recognizing all the emotions behind anger, such as worry, fear, jealousy, guilt and insecurity, can help you.

Did you know part of your brain's job is to protect you?

Yep, it's true. There is a part of your brain that constantly looks out for things that could harm you. It tries to warn you of perceived danger, which creates the feeling of stress. The more you are exposed to anxiety-inducing situations, the more your brain is triggered, which can cause anger to bubble over.



How Meditation Can Help

Meditation is a great tool to identify those hidden emotions behind your anger. Practicing meditation can help you understand why you feel that way and then help you find ways to calm down, make yourself feel better and let it go or learn from it.

Doing small meditations daily helps with managing emotions. Just take 10-15 minutes a day and focus on your breath. For guided meditation, try the Calm app.



Response vs. Reaction

As we just learned, part of your brain's job is to instinctively protect you from something that causes you harm, fear, or stress. Sometimes we react immediately to stressful situations, and often we are not thinking about our own deeper emotions contributing to our actions. When we take the time to pause and think about why we are angry and upset, we give ourselves the opportunity to respond in a more thoughtful and intentional way.

We can ask ourselves questions in situations like:

"Why am I letting this get to me?"

"I normally wouldn't be this angry that my team lost the game. Why does today feel worse?"

"Am I the one responsible for what happened, but I'm blaming someone else?"

"Is my bad quiz grade the real reason I'm getting angry at my friends who did well?"

"Why do I feel like I am angry at my family, when I really just wish our circumstances were different?"

Read through the examples below of **angry reactions**,
and then match them to a more **positive response**.

- | | |
|--|---|
| • Yelling at your parent for arriving late to pick you up from school. | • Calmly asking for more time to complete your chores. |
| • Making a mean comment on a friend's post to get back at them for teasing you. | • Taking turns watching shows or finding a show both you and your sibling or friend can enjoy. |
| • Lashing out at a family member or friend after having a bad day. | • I was embarrassed because I had to sit waiting for you/I was worried something happened to you. |
| • Shouting and grabbing the remote from your sibling or friend's hand when you don't agree on a show to watch. | • Listening to music after having a bad day. |
| • Refusing to do the chores that a parent asked you to do. | • Talking directly about how it made you feel when a friend teased you. |
| • Calling yourself stupid after getting a bad grade. | • Asking for help if you are struggling in school/Being kind to yourself and acknowledging the impact of stressful circumstances. |

The Uncontrollable: It's important to remember there are things you cannot control and things that you can.

You ARE in control!

Look at the examples of things that you cannot control on the TV screen below. Fill in the blanks with other examples.

What others say. _____

What others do. _____

What others think. _____

What others feel. _____

The Controllable: When you spend too much time focusing on things that are out of your control, it's easy to become angry. Instead, focus on things that you have the power to change!

Fill in the blanks with things you can control. This is a great tool for transforming anger and letting it go!

Being kind. _____

Taking care of myself. _____

Forgiving others. _____

My decisions. _____

Trying again. _____

Asking for help. _____

Coping

By now you've done a lot of work to identify the feelings underneath anger, the differences between responding and reacting and how meditation can be a useful tool to work through anger. Well done! Let's find some ways to cope with our feelings so we can let them go and move on.

Try these simple ways to clear your mind and find your happy place. Fill in the blank rectangles with your favorite ways to de-stress.

The collage features several hand-drawn illustrations and text boxes:

- Top Left:** A large, empty blue-outlined rectangle.
- Top Right:** A box with a "PARTY MIX!" illustration (a CD with colorful squares), "ROCK OUT!" with crossed drumsticks, and the text "Make a playlist".
- Middle Right:** A box with a record player illustration, a red heart, "Love Songs", and "Sad Songs" with musical notes.
- Center:** A large box with an illustration of two children walking on a path towards a tree and a mountain. A power cord is plugged into a wall outlet on the left. The text reads: "Unplug Take a vacation from the pressure of social media. Challenge yourself to take a few days off from chatting online and connect with friends in person and outdoors!".
- Bottom Left:** A box titled "Start a Pinterest board" with illustrations for "Recipes" (Peanut Butter Pie), "Be Yourself", "Inspirational Quotes", "Learn to Knit", and "D.I.Y. Crafts".
- Bottom Right:** A box titled "Download an app that plays calming sounds" with illustrations of "ocean waves", a "Rain Forest" scene with a person meditating, and "Birds chirping" with a bird.
- Bottom Center:** A large, empty blue-outlined rectangle.

SuperSibs wants to hear from you!
Like what you see? Have an idea for a future playbook?
Email SuperSibs@AlexsLemonade.org

NATIONAL
SIBLING DAY

April
10TH

National Sibling Day is April 10th, but being a sibling is important every day! We want to know what makes being a sibling special to you. Finish the sentence below. Take a picture with your answer and ask your parents to share it with us on Facebook @SuperSibsALSF, or email it to SuperSibs@AlexsLemonade.org! We'll feature the photos on our Facebook page.

NATIONAL SIBLING DAY

**What I love about
being a sibling is...**

