



## LONELY LETTERS

# Gratitude

Lonely has been feeling kind of down, but he remembered something that always puts him in a good mood—gratitude! Write a letter reflecting on all the things that you are grateful for. You can keep this letter for yourself as a reminder or send it to someone with whom you want to share your appreciation!

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# Love



Lonely didn't have a Valentine this year, so he was feeling a bit down. But, he remembered a tip his grandma taught him long ago: "If you are feeling lonely, write a love letter to yourself." Below, write a letter to yourself and remember to write all the reasons that you love yourself! You are a very special person, so remind yourself of all the ways you shine.



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LONELY LETTERS

# Make a Trip



Lonely would like to go on a trip! Imagine you could travel anywhere in the world with Lonely, where would you go? Draw a picture of where you wish you could go on the front of the postcard. On the back, write a message about why you want to go there and what you would like to see.

A large, empty rectangular box with a thin grey border, intended for drawing a picture of a travel destination and writing a message on the back of a postcard.

LONELY LETTERS

# Make a Trip



Write a message about why you want to go to your destination and what you would like to see.

A large rectangular area for writing, divided into two sections by a vertical line. The left section contains 15 horizontal lines for writing. The right section contains a rectangular stamp box with a decorative border and three horizontal lines for an address.



Depression and Bipolar  
Support Alliance