

# What can I do about feeling disappointed or sad?



## Things I can do with my family

Some patients have found these strategies helpful:

- Talking about how you are feeling with a family member, someone you trust at school, a friend or a member of your care team
- Getting a good night's sleep. See [Sorting out your sleep routine](#)
- Being active by going for a walk or playing. See [Physical activity](#)
- Eating regularly and having a balanced diet. See [Canada's food guide](#)
- Trying guided meditation. See [Guided meditation](#)

## Things I can do with my care team

After discussing your SSPedi score and symptoms with your care team, they may:

- Suggest meeting with someone who can help teach you strategies for managing your feelings. Some may prescribe medications
- Connect you to a peer support group to help you talk to other kids with cancer
- Give you tips to help you improve your sleep ([Sorting out your sleep routine](#)), nutrition ([Canada's Food Guide](#)) and activity level ([Physical activity](#))
- Treat other symptoms that can occur with feeling disappointed or sad such as [feeling scared or worried](#)

## When should I call my care team?

Remember that SSPedi scores are not monitored 24/7. Please call your care team or seek additional help (Kids Help Phone: 1-800-668-6868) if you:

- Have thoughts of harming yourself or someone else
- Feel unsafe