



## What to Do When You Have a Bad Dream!

Do you ever have bad dreams? Many kids with bipolar disorder have super bad dreams. Sometimes they are so scary that kids don't like to talk about them or even tell their parents. You might even feel like the bad things in your dreams are your fault. They aren't! Bad dreams can make going to bed very scary because you worry that you might have another bad dream. Here are some things to help you deal with bad dreams!



**First**, remember that it is okay to tell an adult about your dreams. Talking about the dream will not make it come true but it can help you feel better. You can talk to your parent, your therapist or your doctor about your dreams.

**Next**, draw a picture of your dream. You might not like this idea at first or you may be afraid to draw a picture of your dream but it's really okay. Drawing a picture can help you stop worrying about your dream and do something about it.

**Finally** take charge of your bad dream instead of letting it make you feel bad. Now that you have your dream in a picture it's your choice...do what you want with it. Here are some ideas:

1. Change your dream picture by drawing a new ending. I bet with your creative mind that you can think of a lot of good endings to your dream.
2. Lock your dream picture away in a "dream box" or somewhere else where it can stay instead of in your mind.
3. Keep your dream picture if you want or tear it up. You get to be in charge of this dream!

Some kids stop having bad dreams as they get older and others stop having them when they take medicine for bipolar disorder. If your bad dreams go away that is great!! If you still have bad dreams remember that they can't hurt you and you can take charge of them. If you wake up in the middle of the night with a bad dream, imagine yourself changing the dream, locking it away or ripping it up...your choice! Some kids feel better if they sleep with a nightlight or teddy bear. Others like to sleep in a sleeping bag where they feel safe. Also remember not to watch scary things on T.V. because this can make bad dreams worse.

To get started go to the next page for a special place to draw your dream.

