

Dear Mrs Tompkins,

The tragedy that happened three years ago was terrible. I am sorry for the event and for the after-effects that your son has been living with. This time is over. Of course, nobody can do miracles. Your son will always remember that day but he can learn to live with his experience. The best thing to do would be to change his mind by keeping him busy. First, your son should practise relaxation activities like Tai-Chi, yoga and painting. This way, he will be able to evacuate his emotions. After that, find a routine together to show him that life continues. Then, help him to discover his passion by trying different kinds of activities related to music, arts or sports.

I hope that my advice will help Toby to enjoy his life in spite of what happened.