



Scan for
more resources



* things that bring you joy!

Determine

What's your recipe for asking for support?
What are the steps?

* what should you take to make sure it's from a loving place
don't engage with what you

stop at enough not too not enough
* not bringing

Who do you feel comfortable asking for help?
R? V

? NOX you makes you

What are 3 things that are GREAT about you?

When you've faced challenges in the past, how have you overcome them?

Have you...?

Are there other practical things you can do to take care of yourself?

- ☐ drunk enough water
- ☐ eaten something today
- ☐ got enough sleep
- ☐ connected with someone
- ☐ taken a deep breath (and let it go)