

WHEN I FEEL BLAH NEED:

I want you to know that:

In order to take care of myself today I have to:

You can best support me by:

1.

2.

3.



WHEN I “JUST CAN’T” I NEED:

I want you to know that:

In order to take care of myself today I have to:

You can best support me by:

1.

2.

3.

