

Emotional Support



Sit Near Someone You Trust

Sit near someone you trust. You don't have to talk or explain anything.



Hold Something Comforting

Hold something that feels familiar or comforting to you.



Choose a Supportive Phrase

Choose a short phrase that helps you feel steady, such as "I can take my time."



Ask for What You Need

Ask someone for one simple thing that could help, such as water, some space, or help with a task.