

Emotional Support



Sit Near Someone You Trust

Spend some time near someone you trust. You don't need to talk or explain what you're feeling.



Hold Something Comforting

Hold something that feels familiar, steady, or comforting to you.



Choose a Supportive Phrase

Choose a short phrase that feels reassuring or grounding, such as "I can take my time."



Ask for What You Need

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