

# 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.