

Emotional Support



Sit Near a Supportive Person

Position yourself near someone you trust, without needing to talk or explain.

Choose a phrase that feels reassuring or grounding to you.

I am safe right now.

This will pass.

One step at a time.

Select a Supportive Phrase

Choose a short, neutral phrase that feels reassuring or grounding to you.

Ask for one small,
practical form of support.

Can I have some water?

I need a few minutes of space.

Can you help me with _____?

Request a Simple Comfort Task

Ask for one small, practical form of support (e.g., water, space, assistance with a task).



Hold a Comforting Object

Hold an object that feels steady or familiar and notice its physical presence.