

## Distressed? Try These First!

Pause what you're doing first! Then:

- > Meditate
- > Journal
- > Body scan
- > Check on feelings and needs
- > 5 Senses, 15 Things
- > Go for a walk
- > Play a rhythm game



### Feeling helpless on your own?

Remember, you're intelligent, empathetic, and kind—to your friends and yourself. You got this!

But your friends will help you, too!

### Afraid to ask for help?

#### Afraid you'll be a burden?

Remember, your friends love you and want you to be happy, and they're happy to help.

Let them care for you like you care for them.

### Afraid your friends are faking it?

#### Afraid you're testing their patience?

Your friends speak and act with genuine love and care, not keeping score.

Even faking it requires caring, after all.

### Got turned down, esp. indirectly?

#### Afraid it means they're upset?

If they're upset, they'll tell you when they're ready.

But they likely were just busy or didn't understand.

No need to worry about it right now!

### Afraid of asking it straight out?

You can be honest with your friends and still reach out in thoughtful, caring, nice-to-hear ways.

But you can also just ask for help!

### Afraid of being vulnerable?

Your friends are your friends because they have proven to be safe when you're hurting.

Let them show you why you trust them so.

### Afraid to ask for help before you understand?

#### Afraid of being emotionally raw?

Vulnerability is a special thing. It's okay to be raw.

You know you'll do your best to be safe around your friends, and you'll care for any harm done.

### Afraid it's not the right time to ask for help?

There's no wrong way to eat a Reese's, and you'd be hard pressed to find a wrong time to ask for help. The worst that will happen is the other person can't help right now. Stop reading this and go talk to your friends!

## Then What?

Exercise <

Basic self-care <

Appreciate a friend <

Solo leisure activity <

Do some project work <

Work out feelings w/ a friend <

Companionable activity w/ a friend <

