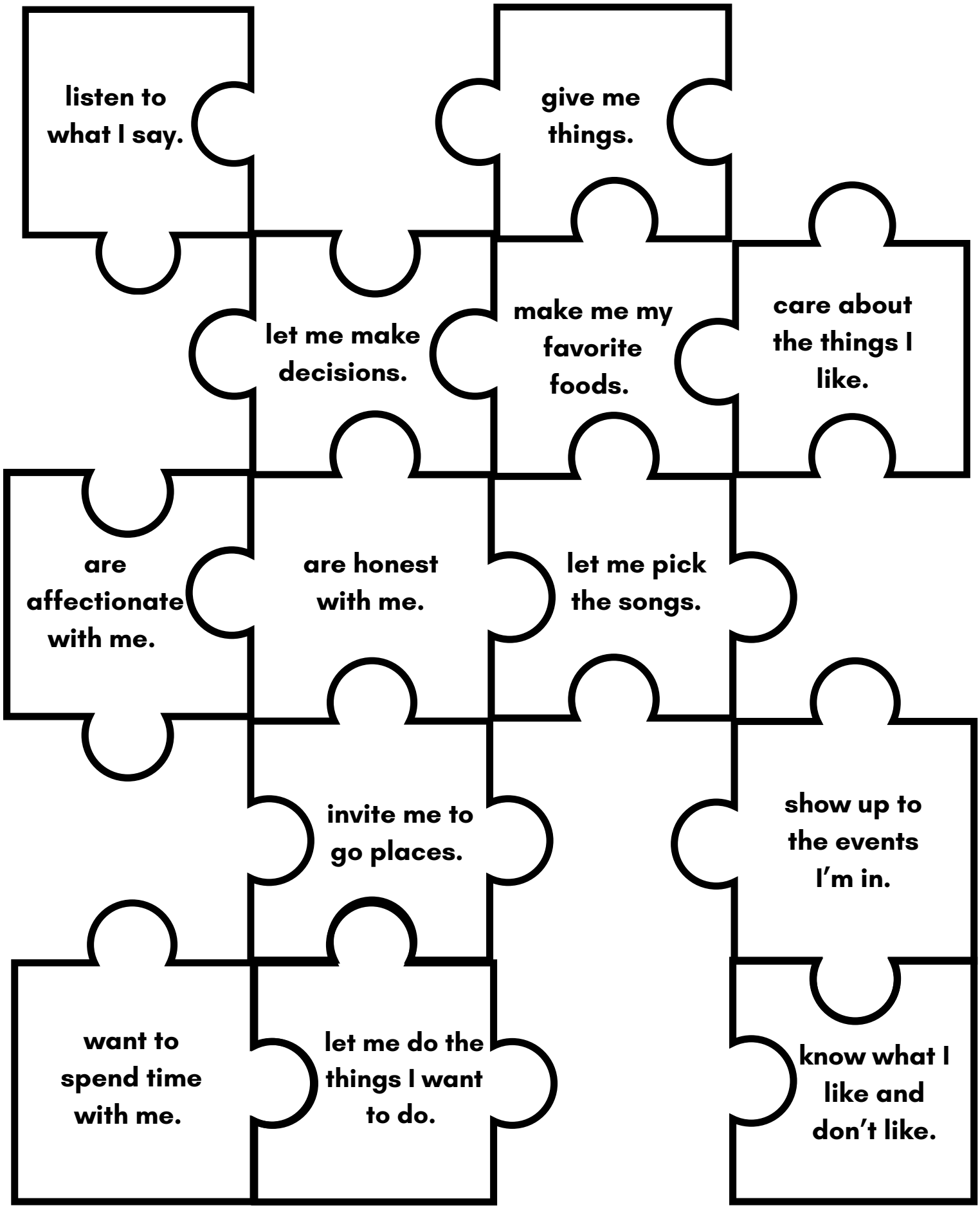
I feel loved and supported <u>when people:</u>



_____'s

self-care

signs I'm struggling

what are you feeling?

things I like to do using my body

things I like to do using my mind

people I like and trust