



MENU

What Helps Me

STARTERS

Small, simple things that help you start your day: think of things for both energizing and calming activities.

DESSERT

Things that bring you joy, comfort, laughter, and are a mood boosters when you need it.

SIDES

Added support to reach out to when your plate feels full. Small acts of care, connection, & comfort.

SPECIALS

Extra things that bring big relief: what you especially want to keep in mind to care for your brain and body this winter.

MAIN

Your main Sources of Strength: the people, places, or activities that nourish or support you the most





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Change my alarm from loud horns to chimes,

Immediately start my music playlist vs doom

scrolling. Drink water while getting ready.

Take 5 extra minutes to play w/ my dog

SIDES

Added support to reach out to when your plate feels full. Small acts of care, connection, & comfort.

My dance teacher: 555-0123

My cousin Kim: 902-5555

My gamer friends: talk online

988: call or text

MAIN

Your main Sources of Strength: the people, places, or activities that nourish or support you the most

My Chosen Family: Getting doggy cuddles-he's
like a weighted blanket & it's so calming

My positive friends (Erin & Sia)+Mentor (Jaymie)

My Healthy Activities: go to an extra dance class, listen
to my audiobook: Calming-noise canceling headphones

DESSERT

Things that bring you joy, comfort, laughter, and are a mood boosters when you need it.

Watching this tiktok that makes me laugh every

time, asking my friend to tell me a random

story, watching my comfort show, listening to

my fav podcast which makes me laugh.

SPECIALS

Extra things that bring big relief: what you especially want to keep in mind to care for your brain and body this winter.

Get outta the house (even when it's cold), using

the sunlight therapy lamp, drinking enough

water & eating more on a schedule. vs snacking

