



# Calling on Connections



## Check-in

Pause to notice how you feel before using the tool. Pay special attention to your body signals.



## Practice

Call, text, or message a family member, close friend, or trusted adult when you need some support.

### Things you can say:

- *I'm having a hard time. Can we talk?*
- *I need some advice.*
- *Have you ever felt \_\_\_\_\_?*
- *I need to vent.*

### WHY TO TRY:

No matter how you are feeling, you don't have to go through it alone. Connecting with someone you trust can help you brainstorm solutions, get another perspective, and feel supported.

**Try to find a moment each day of the week to practice the tool.**



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## Reflect

Notice how the tool affects your feelings and body signals. Which Zone(s) could it help you regulate?

