



Carrying Comfort



Check-in

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



Practice

Carry a small object that is special or comforts you.

Some ideas:

- Smooth rock
- Small fidget
- Photo of a person or place
- Quote or message
- Familiar object or trinket

WHY TO TRY:

Carrying around something that is special or comforting can help you feel safe or remind you of people or places you love. Sometimes just knowing it's there may put you at ease.

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?

