LETTER OF SUPPORT

TO MYSELF!

Describe how you feel when you're having a hard time:

Draw a cartoon of how you feel at that moment:

Write a letter of support for yourself to read when you are having a hard time. What would you like to remind yourself? (i.e. "Remember it's not always like this") What would you like to encourage yourself to do? (i.e. "Go to take a walk, it will help.")