



What are my Support Strategies?



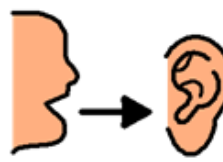
go for a walk



fidget



breath work



talk to staff



go to LCSC



wet face



brain break



stop and think



drink water



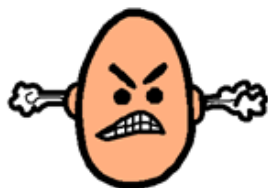
something else



When I should use my Support Strategies?



when I start
to feel
agitated



when I start
to feel angry



when I start
to feel
frustrated



when I start
to argue
over anything



when I start
to feel
overwhelmed



when I need
help



when I
become rude



something
else

