Build Your Support Chain

Imagine each link of a chain working together to build something strong and resilient. Think of your support system in the same way—who or what brings you strength and comfort? Below, you'll find strips of paper with prompts, each representing a "link" in your support chain. **On each one, write down someone, a pet, or an activity that lifts your spirits** when things get tough. When combined, these links create a chain of support just for you.

When I'm sad...

When I want to cry...

When I want a hug...

When I feel lonely...

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When I want to talk...

When I want to laugh...

When I'm having negative thoughts...

When I'm bored...

When I'm feeling overwhelmed...

When I want to unwind...

When I want a distraction...

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When I'm mad...

When I want to play...

When I want to reminiscence...

When I want a treat...

When I'm having self-doubt...

When I'm exhausted...

When I...