

The Little Things make us **STRONGER**



REACH OUT PROVIDE PEER SUPPORT

A good listener:
hears without trying to fix
using openness, reflection
active listening & empathy



PREPARE FOR MENTAL STRESS

Use a list of things for stress relief
even when you don't feel up to it,
these activities will help to
support you over the long term



DON'T FORGET TO SUPPORT YOURSELF

Your pain matters
Stress & burnout build up
How will you know?
Reach out to your buddy



GROUND YOURSELF IN YOUR SENSES

Be still in the moment
Splash cold water on your face
Use strong smells & taste
Breathe: 3 in - hold for 3 - out for 3