

## KNOW YOUR SUPPORTS

**Make a list of your supports both professional and personal.**

- 1)
- 2)
- 3)
- 4)



## KNOW HOW YOU COPE

**How do/can you deal with your stressors or triggers in healthy ways?**

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)



## KNOW YOUR TRIGGERS

**What triggers you?  
When will you need extra support?**

- 1)
- 2)
- 3)
- 4)

Knowledge is power.

You are stronger than you think.

This is Where I Stand

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