

My Needs Today

We all have needs. And we all want to help each other. Sometimes we just don't know how.

But we can make it easier. **When someone asks, "How can I help?" we can tell them.**

Because people do care about us - and they want to support us. If we take time to think about what we need, we will be able to **communicate it more clearly.** This list can help.



I need to be comforted.

- Be with me
- Give me a hug
- Understand that this is difficult
- Know that I may be grieving
- Hold my hand
- Show me empathy



I need help making a decision.

- Listen to me and ask me questions
- Help me identify my priorities
- Gather resources and information
- Support my choices



I need to be validated.

- Reassure me
- Remind me of my strengths
- Help me identify what is within my control
- Help me cope with uncertainty



I need to solve a problem.

- Listen to me and ask me questions
- Help me find solutions that honor my values, goals, and preferences
- Encourage me



I need rest and rejuvenation.

- Share a meal with me
- Go for a walk with me
- Remind me what makes me calm or joyful
- Help me create a restful space
- Let me sleep



I need...