

SHOWING UP WITH STRENGTH

7 Meaningful Ways to Offer Support

Listen with patience and presence.

Give them space to share without interruption or judgment.



Offer a fresh perspective.

Help them step back and see the bigger picture.



Lead with compassion.

Let them know they're not alone—sometimes being there is enough.



Acknowledge their feelings and offer a dose of optimism.

Validate their experience and remind them things can get better.



Bring in extra support when needed.

Encourage them to lean on their community or ask for help.



Share your care in a meaningful way.

A thoughtful message or a simple check-in can go a long way.



Remind them of their strengths.

Celebrate their resilience and what makes them special.

