"When I'm Running Low"

A card that tells the people around you what helps, so you don't have to explain in the moment.

When you're low, words are often the first thing to go. Fill in this card on a steadier day. Cut it out, fold it in half, or take a photo and send it to the people who need it.

EXAMPLE

When I'm Running Low

what I need from the people around me

MY SIGNAL

A battery emoji, or "low battery"

YOU MIGHT NOTICE

I go quiet, answer in one word, cancel plans

WHAT HELPS

Quiet company. Snacks. Making decisions for me.

WHAT DOESN'T HELP

Lots of questions. Cheering me up. "What's wrong?"

YOU COULD SAY

"Want me to just sit with you?"

CUT ALONG THE DASHED LINE · FOLD DOWN THE MIDDLE

MY CARD

When I'm Running Low

what I need from the people around me

MY SIGNAL

YOU MIGHT NOTICE

WHAT HELPS

WHAT DOESN'T HELP

YOU COULD SAY

Sending it? Try: "I made this so you know what helps when I'm running low. You don't have to fix anything. Just this."