# sendnow

SUPPORTING SOMEONE WHO IS STRESSED VIA TEXT

These days people are extremely busy and deal with a lot throughout the day. We should not forget to take care of others. If you know someone who is stressed – send her/him a text!

It’s fast, easy and can make a difference. It’s also appropriate if the stressed person is not in the mood, can’t call or meet.

EXAMPLES OF TEXTS:

- I appreciate you and everything you do
- I’m here for you if you need to vent
- Tell me what’s on your mind
- What’s been going on? I’d love to chat if you’re for it
- You’ve gotten through stressful situations before and you will again
- I’ll treat you to dinner (and drinks) when this is all over

“To take care of others, you first have to take care of yourself.”