

“Text Someone” Connection



❖ **BEST FOR:** loneliness, isolation, hard days, or needing a person without a full convo.

❖ **TIME:** 2 to 10 minutes.

❖ **HOW TO:**

- Identify one safe person to talk to.
- Send a short, imperfect message. No plan needed.

❖ **TRY THESE MESSAGES:**



❖ **WHY IT HELPS:** Stress makes us withdraw, but low-pressure messages lower the effort. Small ask, real relief.

