



How to Show Up

Practical ways to support a person you love without trying to fix what is not yours to fix.

Start here

- 1 Lead with presence: "I am here. You do not have to handle this alone."
- 2 Ask before acting: "Would you like ideas, help with a task, or just someone to listen?"
- 3 Offer something specific: a meal, a ride, a call, a walk, or help finding information.
- 4 Follow through: a short check-in later can mean more than a perfect first response.

Keep close

- I do not need the perfect words to be meaningful.
- Listening is an action.
- I can support without taking over.

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