

How to Find and Receive Help Checklist

- 1. Identify who is likely to help you.**
- 2. Begin to contact the people who can help, before deployment.**
- 3. Communicate with identified helpers in your life.**
- 4. When the time comes, remind them of the request.**
- 5. Ask for help and give help in return.**
- 6. Try to broaden your circle of support by extending your help to others.**
- 7. Set limits.**
- 8. Remind yourself to reach out.**
- 9. Practice asking for help!**

