

## **Survival Checklist**

### **Basic hygiene**

[Example: Brush your teeth.]

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### **Support—friends and family**

[Example: Text your friend Melissa if you feel scared and need to talk.]

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### **Support—professional**

[Example: Ask Liz for the name/email of the divorce attorney that she hired.]

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### **Mental health/Physical health/Self-care**

[Example: Take three deep breaths to settle your nervous system.]

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