

# Finding Your Herd

The people, places and things that help me feel supported.

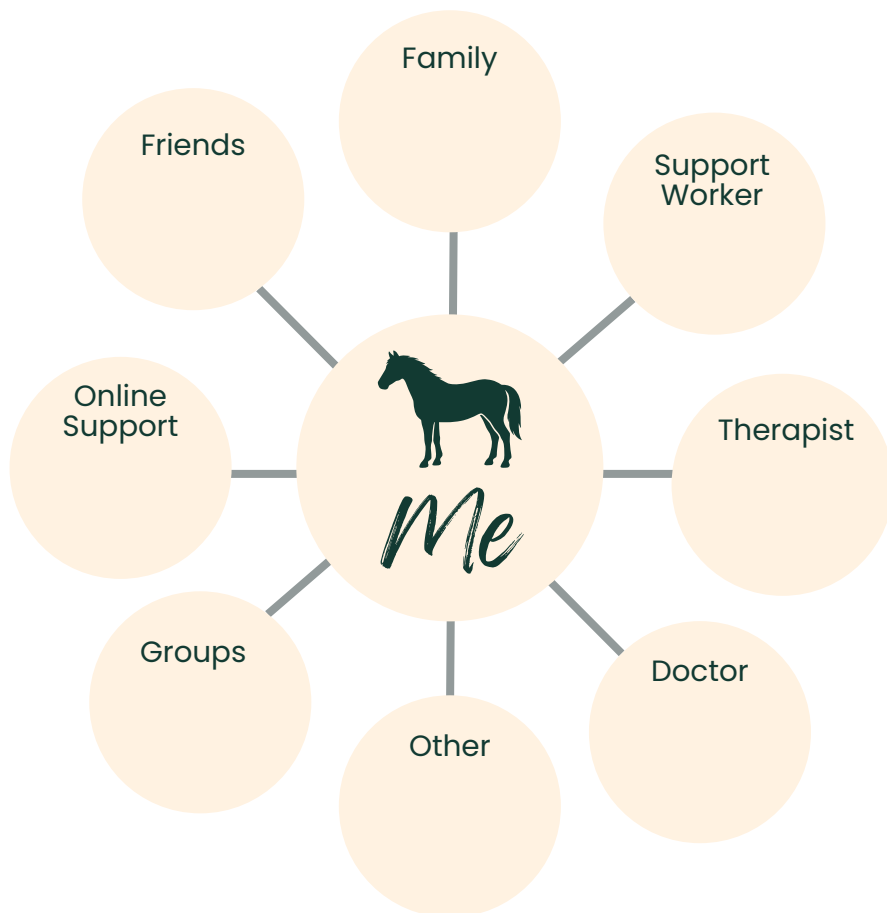
## Why does my herd matter?

Horses are herd animals.

They rely on connection, trust and companionship.

People need support too.

Your herd can include family, friends, professionals, groups, places or activities that help you feel safe, understood and valued.



## Who can I turn to?

When I need someone to talk to:

---

When I need practical help:

---

When I need encouragement:

---

When I need advice:

---

## A reminder from my herd

Complete the sentence:

*I do not have to do everything alone because...*

---

---

## Places where I feel safe

---

---

---

## Things that help me feel grounded

- |  |                              |
|--|------------------------------|
| <input type="radio"/> Spending time with horses  | <input type="radio"/> Music  |
| <input type="radio"/> Being outdoors             | <input type="radio"/> Rest   |
| <input type="radio"/> Talking to someone I trust | <input type="radio"/> Other: |
| <input type="radio"/> Movement                   | <hr/>                        |

