



**LIVING THE PLEDGE**  
*Self Care for Safe Care*

**Good relationships keep us  
happier and healthier. Period.**

It's 4 a.m. in the morning, who will you call to provide help or support?  
Who are your 4 a.m. friends?



*My 4 a.m. Friends:*

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

*I will call one of these friends if I am struggling and need to talk*

**Happiness is Contagious – Pass It On!**

