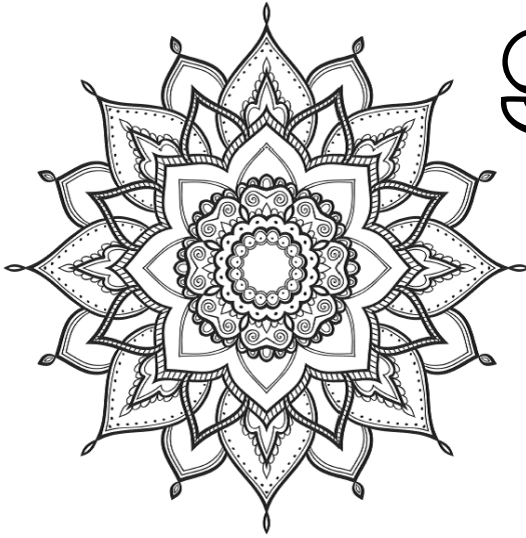


# GETTING TO KNOW YOU BETTER

## Stress & Supports



What is your favorite way to relax at home?

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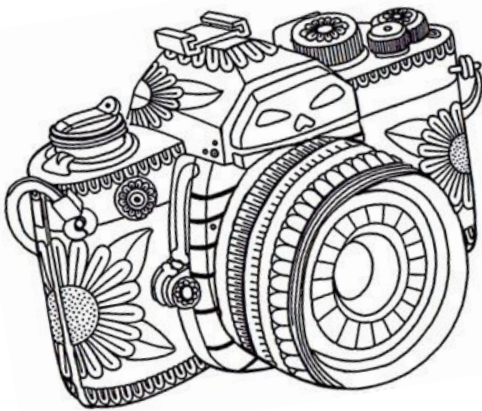
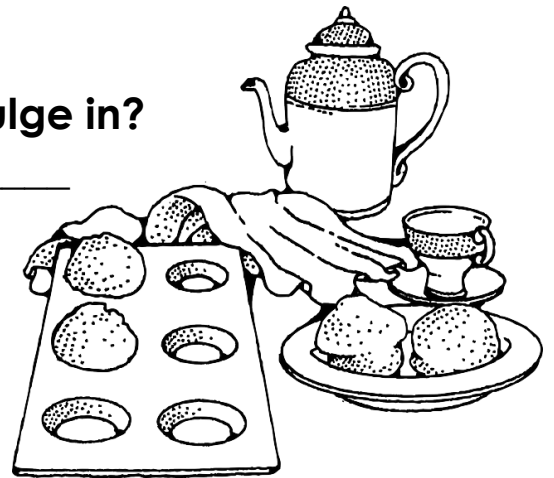
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What “creature comforts” do you love to indulge in?

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What activities/hobbies do you do at home?

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What is most important to you about connecting with others?

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Person-centered information is all around us! 😊

For resources, tips, questions, or simply to connect – visit us at [OregonISP.org](http://OregonISP.org)!