

# Staying Connected - Slippery Roads

When we know slippery roads are ahead we can:

- Continue with care
- Pull over
- Return home or
- Continue on ignoring the slippery roads

Life's slippery roads have various causes and can be fueled by our emotions and thoughts

It is good to be able to

- Identify our slippery roads
- Know our triggers
- Have a plan
- Ask for help

- Let's learn our triggers
- Let's find the person/persons who understand
- Let's have a plan or several plans for upcoming slippery road