

STRESS TO STRENGTH: Social SUPPORT worksheet

There are several different types of social support that people need, for example:|

Emotional – people who you can share feelings and challenges with, who listen and validate concerns.

Tangible – help with the practical sides of a challenge, such as financial, transportation, childcare, etc.

Informational – people who can help with understanding information, advocacy and navigating systems.

Companionship – these are people you like to spend time with to have fun and a sense of belonging.

Use this table to name your support people and put an X in the areas they are good at providing.

Person	Emotional	Tangible	Informational	Companionship
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
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_____	_____	_____	_____	_____

How strong does your support network feel? What gaps do you see? _____

It’s natural for these circles to change. They can shrink if people move away, or you fall out of touch. Most of the time, you can reconnect. Keep in mind long distance friends count. Deep friendships take time to develop; there are more ways to stay in touch today. Holiday cards might restart a connection.

Ideas for increasing support:

- Join a group that shares a hobby or interest, using computer search or Meetup.com.
- Join a book club or other group activity
- Volunteer or offer community service in an area you care about
- Join workout class or sports team fan groups
- Join online communities in an area that is of interest or a current concern
- Attend classes or workshops
- Attend social events
- Networking events to build your professional network, perhaps finding a mentor
- Use social media – to connect with old friends, or make plans for in person meetings with friends
- Family connections – you can create a regular time to catch up with family or plan a gathering
- Therapeutic support groups for any area you might benefit from shared experiences
- Cultural or religious organizations
- Host social gatherings
- Figure out the amount of social time you need, and take time each week to make advance plans

Your ideas: _____

Problem solving: See what area most challenges you in getting regular social time. Problem Solve (Step Three) for that.

Success Story: I joined a book club, and this helped to deepen friendships and grow stronger connections with acquaintances. I’m also scoping our meetup.com.