

# Social Support



**Social support** is the help provided by family, friends, groups, or communities. This help can fulfill emotional, tangible, informational, or social needs.

## Benefits of Social Support

- Improved physical health
- Greater resilience to stress
- Improved self-esteem
- Feeling of security
- Improved mental well-being
- Greater life satisfaction

## Types of Social Support

**Emotional Support:** Help managing emotions, such as stress, anger, or depression. This support might include listening to problems and showing empathy.

**Tangible Support:** Help with practical problems, such as financial assistance, providing a ride to work, or help with childcare.

**Informational Support:** Providing information that helps solve a problem or overcome a challenge. This might include advice or information about helpful resources.

**Social Needs:** Fulfillment of basic social needs, such as love, belonging, and connectedness. This helps provide a feeling of security and contentment.

## Building Social Support

**Attend to your existing relationships.** Reach out to friends and family. Make it a priority to maintain your most important relationships, even when other areas of your life are busy.

**Increase community involvement.** Participate in hobby groups, volunteering, or religious groups. This is a great way to meet like-minded people, and build a new support system.

**Attend support groups.** Connect with others who are dealing with similar problems or life experiences. It can be rewarding to share your own story and provide support to others.

**Use professional support.** Doctors, therapists, social workers, and other professionals can help you solve problems that are more complicated, or too difficult to tackle alone.



# Social Support

List three people, groups, or communities that provide you with social support.

Support #1

Support #2

Support #3

Describe how each of your supports helps you, or could help you, with emotional, tangible, informational, and/or social needs.

Support #1

Support #2

Support #3

List any barriers that prevent you from fully utilizing each of your supports.

Support #1

Support #2

Support #3



# Values Discussion Questions

- 1** Values tend to change as we pass through different stages of life. For example, the things that a teenager values are usually very different than what a parent values. Think back to a different stage of your life. How were your values different? How are they the same?

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- 2** Everyone has a personal set of values, built from their unique life experiences. One important factor in what we value are the values of our friends, families, and society. How do your values *differ* from your friends and family? How do they differ from the society you live in?

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- 3** Think of a person who you respect or look up to. What do you think their most important values might be? What strengths or qualities do they have that you admire?

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- 4** We can learn a lot about our own values by the way we react to other people. Think of behaviors that you disapprove of, or dislike, from others. What does this tell you about your own values? How would you behave differently if you were in their position?

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- 5** Think of a value you have now that you did not used to have, or a value that has become more important to you. What life experiences led to this value changing? How does this change affect you now?

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- 6** The values we hold do not always align with our actions. Some values are difficult to live up to, or other priorities get in the way. Which of these values do you hope to focus on in the future? What life changes would you need to make to accomplish this?

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- 7** How our values are shown differ from setting to setting. For example, your family might see a different side of you than friends, co-workers, or an authority figure. Think of three people from different parts of your life. How do you think each of them would describe your values? What evidence do they have?



# Values Discussion Responses

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_

5. \_\_\_\_\_  
\_\_\_\_\_

6. \_\_\_\_\_  
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7. \_\_\_\_\_  
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# Self-Care Tips

**Self-care means taking time to do things you enjoy.** Usually, self-care involves everyday activities that you find relaxing, fun, or energizing. These activities could be as simple as reading a book, or as big as taking a vacation.

**Self-care also means taking care of yourself.** This means eating regular meals, getting enough sleep, caring for personal hygiene, and anything else that maintains good health.

**Make self-care a priority.** There will always be other things to do, but don't let these interrupt the time you set aside for self-care. Self-care should be given the same importance as other responsibilities.

**Set specific self-care goals.** It's difficult to follow through with vague goals, such as "I will take more time for self-care". Instead, try something specific, such as "I will walk for 30 minutes every evening after dinner".

**Make self-care a habit.** Just like eating one apple doesn't eliminate health problems, using self-care just once won't have much effect on reducing stress. Choose activities that you can do often, and that you will stick with.

**Set boundaries to protect your self-care.** You don't need a major obligation to say "no" to others—your self-care is reason enough. Remind yourself that your needs are as important as anyone else's.

**A few minutes of self-care is better than no self-care.** Set an alarm reminding you to take regular breaks, even if it's just a walk around the block, or an uninterrupted snack. Oftentimes, stepping away will energize you to work more efficiently when you return.

**Unhealthy activities don't count as self-care.** Substance use, over-eating, and other unhealthy behaviors might hide uncomfortable emotions temporarily, but they cause more problems in the long run.

**Keep up with self-care, even when you're feeling good.** Doing so will keep you in a healthy routine. Plus, self-care might be part of the reason *why* you're feeling good!



# SELF CARE ACTIVITIES

## Free Self Care Activities You Can Do Any Day, Everyday

### INSIDE THE HOUSE

- CALL SOMEONE YOU ENJOY TALKING TO
- COLOR (WITH CRAYONS, COLORED PENCILS, ETC.)
- COOK YOUR FAVORITE MEAL OR A NEW MEAL
- CREATE A VISION BOARD (PUT TOGETHER IMAGES, WORDS & IDEAS THAT REPRESENT HOW YOU WANT YOUR LIFE TO BE IN THE FUTURE)
- CREATE AN IDEA BOARD (COMPILE TOGETHER IDEAS YOU HAVE ON A BOARD OR LARGE PAPER)
- CREATE ART (MUSIC, POETRY, STORIES, PAINTINGS, DRAWINGS, ETC)
- DANCE (TO YOUR FAVORITE MUSIC)
- DO YOUR HAIR FOR FUN
- FIND A FUN GAME YOU CAN PLAY
- FIND A FUN WORKOUT TO TRY
- FREEWRITE (WRITE DOWN THE FIRST THINGS THAT COME TO YOUR MIND)
- JOURNAL
- LIGHT A CANDLE OR INCENSE
- LISTEN TO A RELAXATION CD OR VIDEO
- LISTEN TO YOUR FAVORITE MUSIC
- LOOK THROUGH PICTURES AND/OR CREATE A SCRAPBOOK
- MAKE A LIST OF THINGS YOU LIKE ABOUT YOURSELF
- MAKE YOURSELF A CUP OF TEA OR HOT DRINK
- MEDITATE
- PAINT YOUR NAILS
- PICK UP AN OLD HOBBY
- PLAN A NEW LIFE
- PLAY "DRESSUP" (TRY ON CLOTHING, MAKE NEW OUTFITS)
- READ A GOOD BOOK

- READ INSPIRATIONAL/MOTIVATIONAL BLOGS
- RE-ARRANGE A ROOM IN YOUR HOME
- SAGE YOUR HOME
- SOAK YOUR FEET
- TAKE A HOT BUBBLE BATH
- TAKE A RELAXING NAP
- WATCH INSPIRATIONAL/MOTIVATIONAL VIDEOS
- WATCH YOUR FAVORITE MOVIE
- WRITE A LETTER TO SOMEONE YOU LOVE
- WRITE A LIST OF THINGS YOU WANT TO ACCOMPLISH IN YOUR LIFETIME
- WRITE A LIST OF THINGS YOU WANT TO DO
- WRITE A LIST OF EVERYTHING YOU ARE GRATEFUL FOR

### OUTSIDE OF THE HOUSE

- DO YOGA OUTDOORS
- LOOK AT THE STARS
- PLANT OR GARDEN
- SEARCH FOR FREE ACTIVITIES IN YOUR CITY, AND PARTICIPATE IN THE ONE YOU LIKE THE BEST
- SET UP A "DATE" OR GET TOGETHER WITH A LOVED ONE
- SIT ON A PORCH OR BALCONY
- SPEND TIME AT A COFFEE SHOP
- SPEND TIME IN NATURE (BEACH, PARK, LAKE, HIKING, ETC)
- SPEND TIME WITH A FRIEND
- TAKE A WALK
- VISIT A LOCAL LIBRARY
- VISIT A FAMILY MEMBER OR FRIEND





# Self-Care Worksheet



FINDING BALANCE IN MY LIFE

## MIND

CURRENT PRACTICE

NEW PRACTICE

## BODY

CURRENT PRACTICE

NEW PRACTICE

## EMOTIONS

CURRENT PRACTICE

NEW PRACTICE

## SPIRIT

CURRENT PRACTICE

NEW PRACTICE