

Build your *support system*



One of the kindest things you can do for yourself is build a strong support system. These are the people, places and activities that help you feel connected, encouraged and cared for. They are resources you can go to when you want to celebrate, unwind, recharge, grow or simply feel like yourself.

- A strong support system can help you:
- Feel more connected, hopeful and less alone
 - Manage stress and navigate life’s challenges
 - Support your overall health, wellbeing and sense of purpose

Use the worksheet below to map the support you already have and identify opportunities to strengthen or expand it.

When I...	I turn to (who?)	I go to (where?)	I do (what?)
Want to celebrate something			
Want to do something fun			
Feel lonely or disconnected			
Feel down after getting bad news or having a bad day			
Need a fresh perspective			
Need to vent			
Want some comfort			
Need to feel safe			

When I...	I turn to (who?)	I go to (where?)	I do (what?)
Feel restless and need to move my body			
Need a good laugh			
Want to calm down			
Need a break			
Want to learn more about something important to me			
Want to feel inspired			
Want to make a difference			

What else helps you feel supported?

My go-to sources of support

Look through the people, places and activities you have identified. Notice which ones appear most often or feel most meaningful. Write down a few of your go-to sources of support – the ones you can turn to when you need them.



These sources of support help me feel:

- ☐ Energized
- ☐ Joyful
- ☐ Comforted
- ☐ Calm
- ☐ Inspired
- ☐ Accepted and welcomed

Making my support system stronger

Consider what may help strengthen your support system even more.

Looking ahead, I'd like more of:

People I wish I knew better or want to reconnect with

Places I've always wanted to check out or go to more often

Activities I'm interested in trying or doing more often

And I'd like less of:

People, places and activities that I may want to set boundaries around because they tend to drain my energy, increase my stress or leave me feeling less like myself.

One small thing I'll do this week to strengthen my support system

Sources

Centers for Disease Control and Prevention. [Social connection](#). May 15, 2024.

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