

Building Resilience – Stress Management

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times.

Building A Social Support Network

To live a healthier life, you can surround yourself with people who offer you the support you need when you need it. A social support network is made up of friends, family, and peers.

Instructions:

For best results, read through the entire challenge checklist before you begin, and then pencil in each item on your ALD planner for the month. Put a check by each action as you complete them.

Materials you will need: Pencil and paper or journal or your phone's notepad. If you can, print this sheet and add it to your ALD Action Planner.

Goal: Your goal is to develop a list detailing your support network within 24 hours.

Start date _____

Completion date _____

- 1. Understanding Support Networks**

Action: Listen to this amazing explanation of what a support network is from the Khan Academy.

- 2. Identifying Your Support Network**

Action: Here are some guidelines from Very Well Mind to help you develop a support network.

- 3. Develop Your Support Network List**

Action: Use the worksheet to make a list of who you can reach out to for all five levels of support.

- 4. Reflect on Lessons Learned**

Action: Journal, my support network is important because...?

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My Social Support Network Worksheet

Instructions: After taking steps 1 and 2, use this worksheet to develop your social network. List at least 3 supporters for each support category. If you have less than 3 for each, use the third column to design a strategy for filling in your list.

SUPPORT CATEGORY	SUPPORTERS	DEVELOPMENT STRATEGY
Emotional Support		
Esteem Support		
Informational		
Tangible Support		
Companionship Support		

Don't forget to complete step #4.