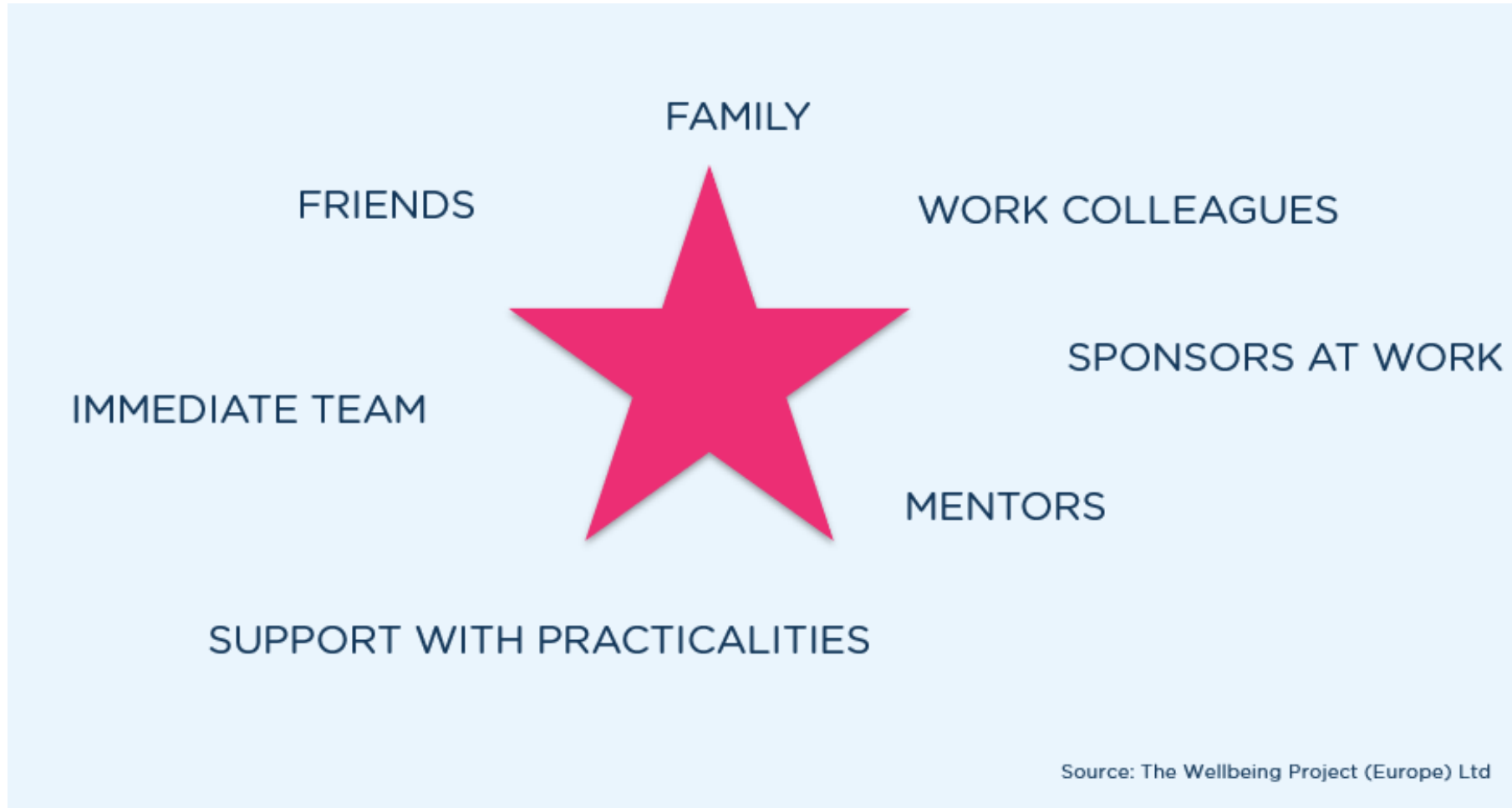


# SUPPORT NETWORKS

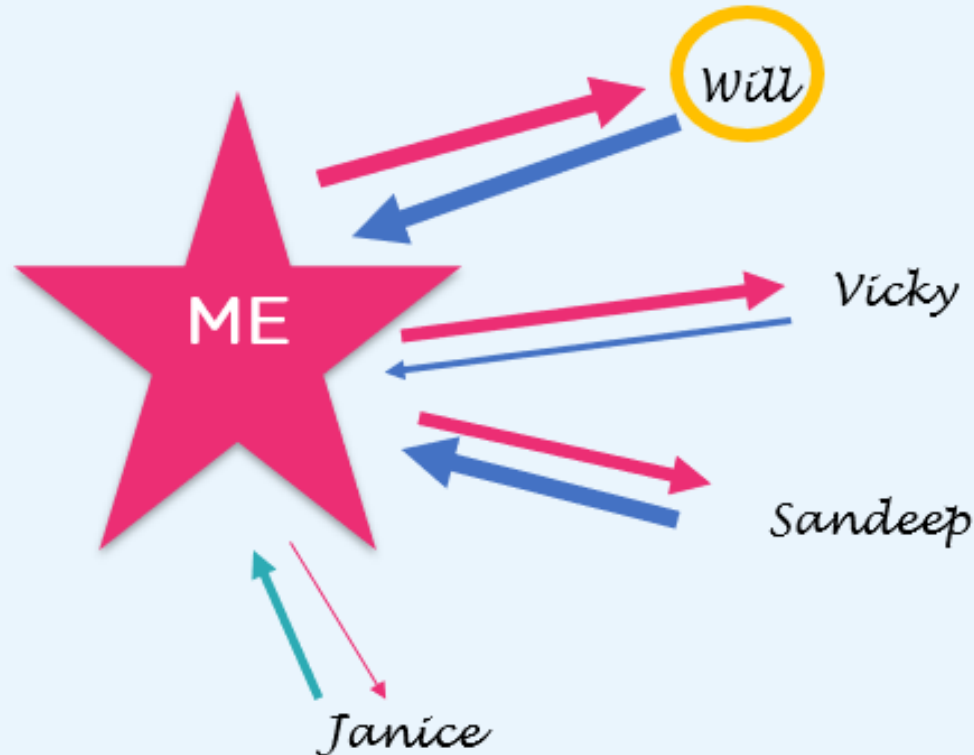


# SUPPORT NETWORKS

## Your support network

Individually, map out your current support network:

- Your name goes in center of the sheet of paper.
- Around your name, write down all the people you feel supported by, and draw arrow from each name to yours. The more support you get from them the thicker the arrow.
- Write down the names of the people you support and draw a line from you to them.
- Look at your network, how do you feel? Would you like to make some changes? Are there some relationships you would like to strengthen, perhaps others you would like to back away from?
- Use this opportunity to thank your network for their support!



Source: The Wellbeing Project (Europe) Ltd

