

## 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
- Feeling of security
- Greater resilience to stress
- Improved mental well being
- Improved self-esteem
- 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.

<b>List three people, groups, or communities that provide you with social support.</b>
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

**What specific steps could you take to better utilize your support?**

Support #1

Support #2

Support #3