



# The Importance of Asking for Support

It is important for adult givers to recognize when they need support, how to overcome barriers to asking for help, and how to build a mindset that values mutual connection. Drawing on positive psychology, the exercise below fosters self-awareness, promotes emotional resilience, and builds pathways for flourishing through our positive relationships.

## Step 1: Acknowledge Your “Giver” Identity

Write down three positive emotions you experience when helping others.

- 1.
- 2.
- 3.

### Positive Psych Support:

Research highlights that helping others boosts happiness and strengthens relationships. However, givers can often over-prioritize others' needs, risking burnout. Recognizing this helps us understand that others supporting us can boost their happiness as well.

## Step 2: Identify Signs That You Need Support

Think back to a recent time when you felt overwhelmed or depleted.

*Answer the following:*

1. What were the physical signs (*e.g., fatigue, tension*)?
2. What emotions surfaced (*e.g., frustration, sadness, anger*)?
3. How did this impact your work and relationships?

**Create a list of personal signs when your well-being starts to waver.**

### Positive Psych Support:

Research suggests that noticing negative emotions is a signal to pause and address any of our needs that are unmet. If we can identify these signs early, we can prevent long-term stress or burnout approaching.

### Step 3: Reframe Asking for Help as Strength

Remember a time when you supported someone and it made a difference.

*Answer the following:*

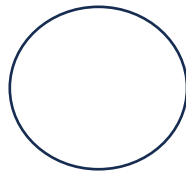
1. How did it feel to help?
2. What do you think it would feel like for another person to experience helping you? Same or different?

#### **Positive Psych Support:**

Research supports that self-compassion is linked to resilience. Recognizing that seeking help is an act of self-compassion reduces feelings of shame or weakness.

### Step 4: Map Out Your Support System

- Write your name inside the center circle
- Around the circle, write the names of people you trust in different areas of life (*ex: emotional, practical, professional, financial, social*).
- Next to each name, write the area(s) of life they could support you if needed.



#### **Positive Psych Support:**

Research supports building and maintaining high-quality connections enhances our well-being. A support system can serve as a safety net, boosting our resilience and happiness.

### Step 5: Final Support Reminders

- Seeking support is an essential skill, not a weakness.
- Allowing others to help you strengthens relationships and models self-care.
- By caring for yourself, you create more energy and impact for those you support.

**“Asking for help is not weakness; it’s a gift I give to myself  
and those who care about me.”**

