

WHO'S IN YOUR SOCIAL SUPPORT NETWORK?

Connections and relationships with others plays an important role in health maintenance.

Place the name of someone in each yellow circle who fulfills that role for you. It can be multiple people and you can repeat the same person in many circles.

Friends: People with whom we can talk about our difficulties, our reactions, our hopes in a safe way.

Fun: Life seems lighter after we've had some good time together.

Resources: People who have access to information, who knows who does what in the organization.

Role models: People who behave in a way that makes sense to me and I look up to.

Overload: Someone on whom we can count if we are overwhelmed with too much on our plate.

Appreciator: People who see what we do well and who take the time to tell us.

Challenge: People who push us to go further, to stretch, to take a risk, to get out of our rut.

