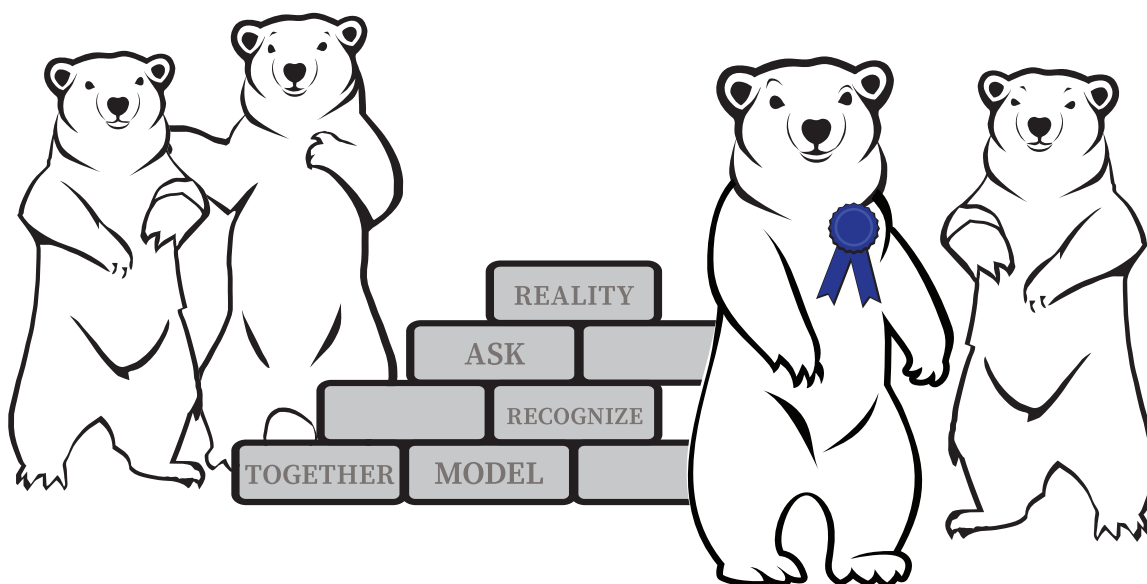




Build Your A-Team

Everyone Needs an A-Team!



1. Step 1: List Support Buddies — Who has your back?

Who are the people in your life you have turned to during challenging times in the past? Who do you call on to figure out a project or dilemma?

Who would come to your side even when it inconvenienced them?

Who brings out the best in you?

Who do you trust?

Generate 5-10 names, if possible.

2. Step 2: Let Your A-Team Know They are on Your A-Team

Make sure you have each other's contact information.

Consider devising a code word that lets the others know you need support.

Let them know their #1 job is to show up for one another when you each take turns having a hard time.

3. Step 3: Respond with empathy and compassion for one another.

Know when additional resources are needed and empower self-care.

For more information visit:
<http://bit.ly/BowdoinMHMMoments>

