How Strong is My Social Support?

Social support can happen at a number of ways — like through emotional support (e.g., empathy), informational assistance (e.g., problem-solving) or practical aid (e.g., behavioral or financial help), and social support is often experienced in a range of degrees of closeness.

QUESTIONS TO ASK TO ASSESS THE STRENGTH OF YOUR SOCIAL SUPPORT NETWORK:

1. If I wanted to go do something fun, I would not have a hard time finding someone to go with me.

2. I have people in my life that I can share my most private worries and fears with.

3. If I were unwell, I could easily find someone to help me take care of things.

4. There are people I trust to give me advice about handling my problems.

5. There is someone who takes pride in my accomplishments.

6. When I feel lonely, there are several people I can talk to.

7. I feel like I’m included by my circle of friends or family.

Building your social support network is one of the best ways you can enhance your well-being. Take time to invest in your most important relationships.

For more information visit: http://bit.ly/BowdoinMHMoments