

Your Support Network



Identifying & using your support network is a really good way of nurturing your emotional & psychological safety & well-being. You will often find that support networks are mutually beneficial. When you share personal thoughts & feelings with trusted confidantes you will often find that it opens a door for them to share the things troubling them, too. In this way, sharing your troubles is less so a process of burdening others, but more so a platform to support each other.

Identifying & using your support network can be as simple as just listing out the people in your life that you feel able to share your experiences with but it can also be more refined. For example, think about the close friends you have. Each will have different skills, ideas & qualities. Some friends will be good to talk to about certain issues, while others may be better in other situations. Also, people have lots of different demands in their life. For example, a friend who is good to talk may work unusual hours and so, as good as they are to talk to, it might be difficult getting hold of them when you feel you need to.

So here are a few things to consider when thinking about your support network:

- Who do I trust, have a good relationship with and feel able to share with?
- What do I want when sharing my thoughts & feelings?
 - Do I just want some one who will listen or someone that can help solve my problems? Your answer to this may influence which person or people you decide to talk with.

- Who has the right characteristics, skills & qualities that I need when sharing what's on my mind?
- Who is reachable and available when I need them?
- Who can I support, and they can support me?

Name	Contact Details	Special Skills	How Helpful (0-10)