

A healthy social support network is an important factor to prevent stress and cope with stress.

This activity is designed to show you that:

1. It is okay to ask for help and to rely on others at times.
2. It pays to surround oneself with trustworthy and dependable people.
3. There are negative elements in everyone's social support network. This is common. Put your energy into building strong networks, and don't let negative influences distract you.

The Circles of Support handout demonstrates what a social support network looks like.

The center circle represents you. This is where "ME" is written in the diagram.

The next circle out represents your closest relationships; like a close friend. You can share your deepest thoughts and experiences with without feeling judged.

- This relationship is reciprocal; someone who also shares their most personal information with you. There is a strong feeling of trust between you and this person/people.
- **Enter the names or initials of who fits in this circle.**

The next circle out is your close relationships. This could be your parents, siblings, friends, etc.

- Someone you can share personal thoughts and experiences without feeling judged.
- These relationships are reciprocal and trustworthy but not the to the same degree as with the closest relationships.
- **Enter the names or initials of who fits in this circle.**

The next circle out represents good relationships. A good relationship is more casual than a close relationship.

- You spend some time together, often sharing common interests, activities or concerns.
- This relationship might not be completely reciprocal.
- **Enter the names or initials of who fits in this circle.**

The next circle out represents acquaintances. An acquaintance is often called someone you "know in passing".

- You may see and interact with the individual on an occasional or even regular basis, but this person is not an actual friend.
- You don't spend time together outside of the event that brought you together.
- **Enter the names or initials of who fits in this circle.**

The outermost circle represents services. This includes people who provide you with assistance as part of their job or work.

- "Free" services such as a grocery store clerk, your teacher, the librarian, etc.
- Professional services that are paid for such as: a therapist, doctor, etc.
- **Enter the names or initials of who fits in this circle.**

Brainstorm: what is one thing you can do to strengthen your Circles of Support during social distancing? Be specific! **Write this at the bottom of your handout.**