

# Social support network

Social support means having people in your life you can turn to and can provide you with a broader focus, help you maintain positive self-esteem, and offer support. Consider those outside of your immediate circle — you have more people to turn to than you realise.

**Instructions:** Write the names in your network under the appropriate categories (family, friends, people at work). If you have other social networks such as online communities or social groups, use the smaller boxes to map them out. Consider deeply where these people belong to — the more important they are to you, the larger the square they belong in.

