

WHO IS IN YOUR SUPPORT CIRCLE?

Connecting with other people is one of the most important things that we can do to help our mood and build resilience, both in ourselves and others.

The people and creatures in our support circle can provide us with many different types of support, such as:

EMOTIONAL SUPPORT

Who helps me feel better when I am having a tough day?

PHYSICAL AFFECTION

Who can I go to when I need a hug?

LAUGHTER

Who can I go to when I need a good laugh?

ACCOUNTABILITY

Who holds me to what I say I am going to do?

CONCRETE HELP

Who can I go to when I need help with things like fixing my car, homework, or other projects?

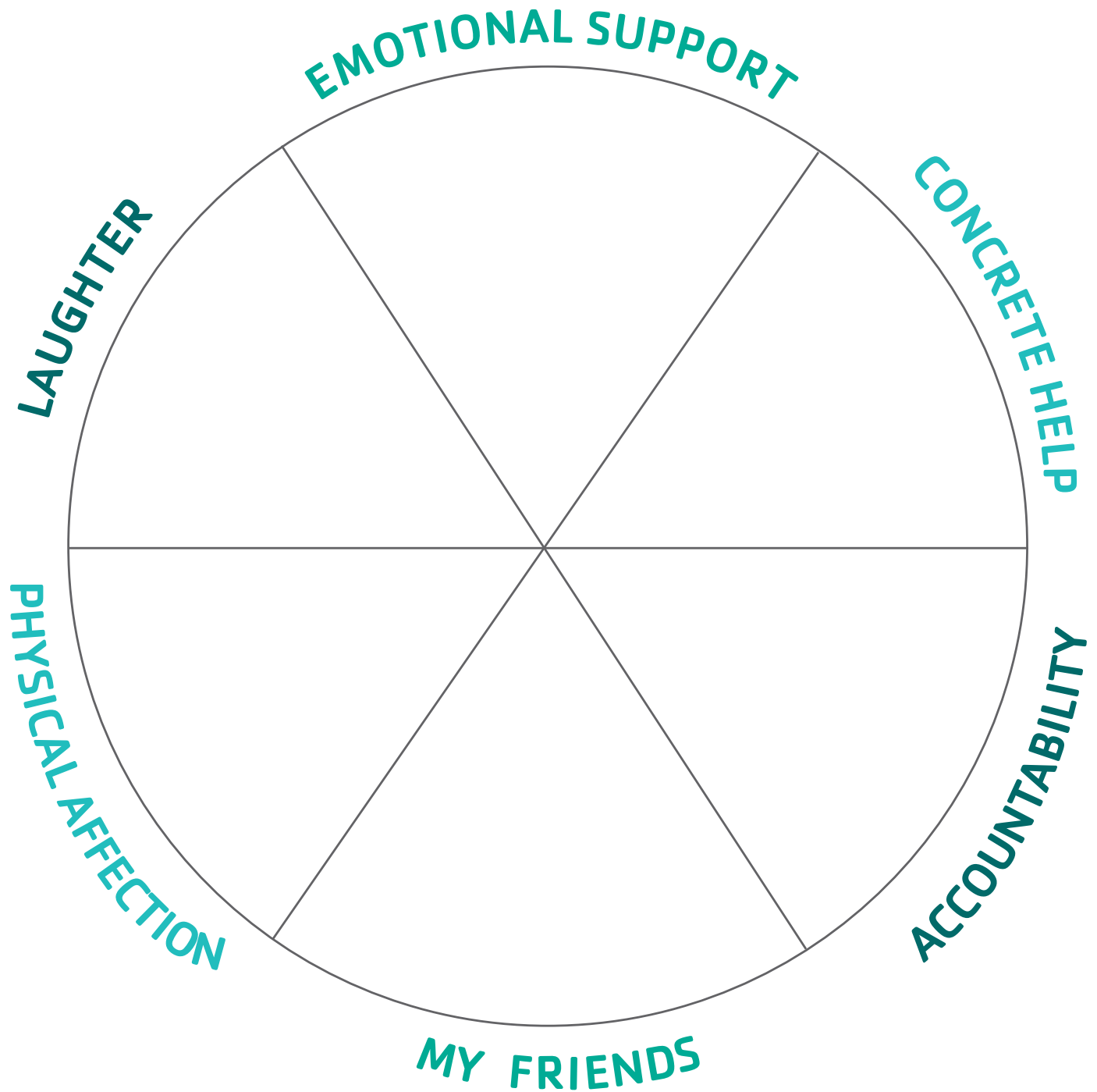
MY FRIENDS

Who can I be my weirdest and silliest self around?

If you or someone you know needs more support and/or help with a crisis, contact 2-1-1 (800-362-8255) or see the *Red Light Skills* sheet to help you find your own local resources.

REFLECT:

Put all of the names of people and creatures who meet the description on each slice. You can put the same name in several slices if they fit (meaning that person is a well-rounded support for you!). Try to have as many names as possible in each slice so that you have good, solid support.



NOTE: You can always add people to your circle; it is forever growing! If you find that some of your slices do not have many (or any) names on them, that is a slice to try to strengthen.

REFLECT:

1. On which slice do you have the MOST people and support?
2. On which slice do you have the LEAST people and support?
3. Are there people in your life who COULD go on that slice that you maybe have not thought of in that way before? If so, add those names now!

CHALLENGE:

TALK WITH SOMEONE WHO YOU THINK HAS A STRONG CIRCLE OF SUPPORT. HOW DID THEY FIND PEOPLE TO FILL EACH OF THEIR SLICES?

BONUS CHALLENGE:

Reach out to someone on your support wheel, tell them they're on it, and thank them for being a great support person!