

Building a support network

Building a support system starts by nurturing existing relationships and actively seeking out new connections. Reach out to trusted family members, friends, or colleagues who have shown care and support in the past. Cultivate these relationships by maintaining regular communication, sharing experiences, and offering support in return. Actively seek out like-minded individuals through social or community groups, shared hobbies, or professional networks. Attend events or join clubs where you can meet new people with similar interests and values. Be open to building new friendships and invest time and effort into nurturing these connections. It's important to foster relationships that provide both emotional and practical support, as different people can fulfill different roles in your support system. Remember that building a support system is a mutual process. Be reliable and available for others, offering a listening ear and being willing to provide assistance when needed. Building a strong support system requires effort, but the benefits of having a network of caring individuals who are

there for you in both good times and bad are immeasurable.

Identify Your Needs:

Understand what kind of support you need. Are you looking for emotional support, career advice, or help with specific tasks? Knowing your needs will guide you in selecting the right people for your network.



Reach Out to Friends and Family:

Start by connecting with close friends and family members you trust. These individuals may already care about your well-being and be willing to offer support when needed.

Join Groups and Communities:

Look for groups or communities with shared interests, hobbies, or goals. It could be clubs, sports teams, religious organizations, or online

communities. Engage actively in these groups to build meaningful connections.

Be a Good Listener: Support is a two-way street. Be attentive and listen to others when they need someone to talk to. Show empathy and offer your assistance when appropriate. This fosters mutual trust and strengthens your relationships.

Be Open and Vulnerable:

Building strong connections requires vulnerability. Share your thoughts, feelings, and experiences with others, allowing them to understand you better and relate to your situation.

Volunteer and Help Others:

By offering your support to others, you not only make a positive impact on their lives but also attract like-minded individuals who are willing to reciprocate and support you in return.



Self-care. Connect

**Contact your EAP at
1-877-747-1200**