Support Systems Build You UP!

Receiving positive, supportive information or new knowledge; provides support without an emotional connection

Acceptance, understanding, reliable encouragement and empathy; reminder that we are not alone

A service or a favor; reinforces that it’s healthy to ask for help when needed and accept the help

Feelings that build your motivation and respect your efforts

Accepting positive, supportive information or new knowledge; provides support without an emotional connection

Belonging to a community or peer group that understands your beliefs and/or situation

Tips to Sustain Support Systems

- Respect boundaries
- Accept help
- Be available
- Be honest
- Be patient...it takes time to develop
- Stay in touch
- Reciprocate: support their successes and share appreciation
- Engage when it’s healthy

*https://www.caregiving.org/guidebooks/