

# Building a Support System

This playbook outlines the steps to create and nurture a support network to help with stress management and emotional support. It involves identifying potential members, connecting authentically, establishing regular communications, and maintaining the network.

## Step 1: **Identify Members**

Start by identifying who you would like to include in your support system. Consider family, friends, co-workers, mentors, healthcare providers, or community members who are positive influences and whom you trust.

## Step 2: **Reach Out**

Contact the individuals you've identified via phone, email, social media, or in person. Express your desire for a supportive relationship and explain the role you hope they can play.

## Step 3: **Set Expectations**

Clearly articulate what kind of support you're seeking, whether it's emotional, practical, social, or advice-based. This ensures everyone involved understands the nature of the support network you're trying to build.

## Step 4: **Establish Communication**

Set up regular check-ins or meetings to stay in contact. This could be through scheduled phone calls, video chats, in-person gatherings, or any communication method that works for all parties involved.

## Step 5: **Maintain Network**

Keep the network strong by being there for others, actively listening, and showing appreciation. Reciprocity is key; offer your own support and gratitude to maintain a healthy and balanced support system.

# General Notes

## **Reciprocity**

A support system is a two-way street. It's important to be willing to offer support to others in the network, not just receive it.

## **Boundaries**

Set healthy boundaries with members of your support system to ensure that the relationship remains supportive and doesn't become overwhelming or one-sided.