



BUILDING RESILIENCE

Work sheet 8

In this work sheet you will identify and categorise your support network. Remember that resilience does not mean going through or managing something alone. Knowing where we can find support, and seeking it at appropriate times, is crucial. Thinking about the different kinds of support available to us is a really useful exercise, so that we know exactly where to turn when we need help.

1. Write down all of the people you have a positive relationship with: this can be friends, family, managers or other authority figures, neighbours, mentors, and more. This is your social network.

2. Identify which roles different members of your network might be able to play. Try to categorise these into 4 broad roles:
 - cheerleader (someone who offers positive support, motivation and encouragement);
 - shoulder to cry on (someone who offers emotional support and helps you talk through your feelings);
 - distractor (someone who takes your mind off things);
 - problem-solver (someone who offers practical support with your problems).

Person	Role

3. Consider who might be best placed to help you at different times or with different problems, challenges or stressors.

4. Reflect on what kind of role you might offer to others! Are you a cheerleader, shoulder to cry on, distractor or problem-solver? Are you different roles at different times or to different people? This is great way to remind ourselves of our value.

Tip: try the links below if you would like more formalised help or support:

- www.danceinmind.org/coaching-and-mentoring
- www.nhs.uk/service-search/mental-health/find-a-psychological-therapies-service/
- www.mind.org.uk/
- www.psychotherapy.org.uk/find-a-therapist/?Distance=10
- www.counselling-directory.org.uk/