

BUILDING SUPPORT.



WEEK 1

Humans are inherently social creatures. Feeling closely connected to those around us or to a community provides us with happiness, security, support, and a sense of purpose. Social connections also allow us to build a support network that will help when times are tough, something that we can all benefit from right now.

Tips to build and nurture your support network

1. Put in the efforts and make time for your friends, family, and colleagues.
2. Ask questions and listen - a good friend or being supportive doesn't mean you need to offer advice all the time - a good friend can just listen.
3. Spend quality time with your loved ones. Set aside some time each day to reconnect.
4. Join local social clubs or associations
5. Give back. Volunteering and helping others can help us feel a sense of belonging, make new friends, and connect with our community.