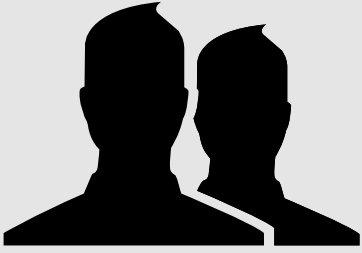


# SOCIAL SUPPORT: GETTING AND STAYING CONNECTED



1

Make a list of friends and family members who are supportive and positive.



2

Make a commitment to yourself to call, email, or get together with them on a schedule that is reasonable for you.



3

Share what is on your mind honestly and openly. Be direct about what you need, e.g. empathetic ear, help on solving an issue, fresh perspective, new ideas. Do not hesitate to ask for the kind of help you would like.



4

Also listen. Ask about someone's day or follow up on the topic of previous conversation. Showing sincere interest in another person's life builds relationships.



5

Make social plans. Create opportunities to strengthen your relationships with fun things that you and your friend/relative will enjoy.

