

Anatomy of Support

The Four Elements of High Quality Support

YOU ARE WORTHY OF SUPPORT

- It is **OK** to ask someone for help.
- Put yourself in a loved one's shoes: Wouldn't you feel bad if they didn't reach out to you in a time of need because they were worried about burdening you?
- Follow the **Golden Rule** regarding asking for support:
"Do unto others, as you would have them do unto you."

ASSEMBLE YOUR SUPPORT TEAM

- Your loved ones have unique qualities.
- Access all of them with their diverse strengths to form your support team.

UTILIZE YOUR TEAM EFFECTIVELY

- Identify the advice givers, the listeners, the motivators, etc.
- Different situations will call for different members of your team.
- Access those who best meet your needs at the time.

BE EXPLICIT

- Don't ask your support team to read your mind.
- Take the guesswork out by describing exactly **WHAT** you need and **HOW** you would like to be helped.

Managing stress in a functional way often requires high quality support systems. You deserve it. Access your team, identify your support person, and direct him/her how to best meet your needs.