



SUPPORT SYSTEM MAPPING

MY STRENGTHS & COPING TOOLS

WHAT HELPS ME STAY BALANCED AND HEALTHY?

WRITE DOWN YOUR STRENGTHS, COPING STRATEGIES, AND CULTURAL PRACTICES THAT KEEP YOU GROUNDED.



MY EARLY WARNING SIGNS

WHAT ARE SIGNS THAT I MIGHT NEED EXTRA SUPPORT? REFLECT ON EMOTIONAL, PHYSICAL, OR BEHAVIORAL CUES THAT TELL YOU IT'S TIME TO REACH OUT.



MY SUPPORT NETWORK

WHO CAN I COUNT ON FOR HELP AND ENCOURAGEMENT? LIST FAMILY, FRIENDS, OR MENTORS WHO SUPPORT YOUR WELLNESS JOURNEY.



COMMUNITY RESOURCES

WHAT PROGRAMS, LEADERS, OR COMMUNITY GROUPS CAN I REACH OUT TO WHEN I NEED HELP OR GUIDANCE?



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MY STRENGTHS & COPING TOOLS

MY EMERGENCY SUPPORT PLAN

IF I FEEL OVERWHELMED, WHAT STEPS CAN I TAKE? WRITE DOWN IMMEDIATE ACTIONS, PEOPLE TO CALL, AND SAFE SPACES TO GO.









MY MOTIVATION & VISION

WHAT KEEPS ME GROUNDED AND WHY IS WELLNESS IMPORTANT TO ME? REFLECT ON YOUR PURPOSE AND WHAT GIVES YOUR LIFE MEANING









REFLECTION

WHAT DID I LEARN FROM MAPPING MY SUPPORT SYSTEM? HOW WILL I CONTINUE TO STRENGTHEN IT?









GROWTH HAPPENS WHEN I HONOR MY JOURNEY WITH HONESTY AND CARE.

HELPFUL CONTACTS:








