



## Build Your Social Support Network

Type of Support	Source of Support (Person or Thing)	Describe Type of Support Needed
<b>Emotional</b> (Empathy, Sharing, Listening)	1.	
	2.	
	3.	
<b>Practical</b> (Rest, Nutrition, Healing)	1.	
	2.	
	3.	
<b>Informational</b> (Housework, Childcare, Transportation)	1.	
	2.	
	3.	
<b>Spiritual</b> (Prayers, Songs, Meditation)	1.	
	2.	
	3.	