Inner support and resilience.

Often when we think about networks we think about our relationships with others. Whilst this is part of it, another really significant element is the network or relationships within us.

Our thoughts, feelings, our physical and energetic selves, and our spiritual self. Developing an effective support network means that we need to consider both internal and external support mechanisms.

Sometimes we might feel that we are dependent on someone else to help us through a challenging time, or to give us the answers when we feel stuck.

We have so many inner resources – strengths, strategies, experiences – we generally have everything we need inside of us.

This is why it is important to reflect on when we have been resourceful in the past – to remind ourselves that we can, and have, managed well.

If our internal support network is about what we have inside, and our past experiences, our external support network is bringing in another perspective. We need a combination of both to learn, grow and thrive.