**What is a support network?**

A support network can be the people around us – Our family, our friends, fellow students, counsellors, teachers, sports team mates, community members…. Anyone who might encourage, understand and just be there for us when we need them.

Who can you turn to when you need support?

Is it different people for different situations?

Another type of support network is internal. It is our thoughts, our feelings, our spiritual connections, our physical bodies and our energetic selves. Having a strong internal network means that we can be more resilient to external stress, and usually needs us to give some self-care to stay strong.

What do you do, think or feel when something unpleasant or difficult happens?

Do you have a way of looking after yourself at these times that works well?

Each of us will have our own unique approach – some will prefer more external support, and some of us prefer to be more self-reliant.

It is a good idea to question why this is so, and try to strengthen both our internal and external supports.