

Positive Minds; Online



For Week 3 we are looking at the topic of positive relationships.

What is a positive relationship? A positive relationship is the way in which two or more people are connected.

What is support? Support is the act of giving assistance or encouragement to a person or cause.



What is a support network?

A group of people an individual has that provide emotional and practical help to each other.

Who can I have a Positive Relationship with and include in my support network?

They are often filled up with family members or close friends that are:

- Supportive
- A good listener
- Loyal
- Happy
- Trustworthy

situation whether it is an emergency or not. These are people we trust and are happy to talk too as well as support ourselves if they need help.

Individuals have different requirements for members within their support network, some may need more supportive friends whereas others may need more entertaining friends that make them laugh. But everybody needs a strong and open support network to help improve their mental health in several ways such as:

- Higher self-worth
- Improve self-esteem
- Reduce stress
- Increase confidence

It is important that everybody has a support network.

This Week's Tasks

This week's task will be for you to identify and write down your own support network!

The video attached will enable you to follow along and complete this week's task (see the example below), all you will need is a pen/pencil, paper and your hand!

You will be filling out your hand with the people in your support network in different areas of your life. Feel free to write as many people as you can on your drawn hand.

At the end of the task you will know exactly who you can talk to in all parts of your daily life!

OUTSIDE OF YOUR HOME

INSIDE YOUR HOME

SOMETHING THAT CAN'T TALK BACK

EMERGENCY

