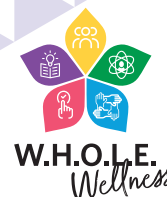


Balancing Support NETWORKS



Reaching out intentionally is one of the many ways to support your wellness. Both asking FOR help and offering TO help can help build our resilience.

▶ **Who do you know (in or out of the college) that you can reach out to?**

**WHO CAN/DO I
SUPPORT IN THIS AREA?**

**TYPES OF
SUPPORT**

Schoolwork help

Positive
encouragement

Cracking
(appropriate) jokes

Walking & talking

Exploring solutions
to challenges

Encouraging
accountability

Reminders for
breaks

**WHO CAN/DOES SUPPORT
ME IN THIS AREA?**

It's all about balance!