

## Support Network

“Life was not meant to be lived in isolation, but in fellowship with other like-minded people who will encourage and support our convictions and hold our arms high during battle. One thing I have learned is that life is all about relationships. That is what gives our lives such texture and color.” —*Neale Davis, 2013*

“It turns out, length of time of the relationship has nothing to do with a human connection. Sure, knowing someone longer may help you grow into your comfort with their friendship, but the initial connection is always just that – a connection.” —*Anjeli (LITMO Life)*

“I have lots of friends, but we are all spinning in different orbits: different carpools, different extracurriculars, different schools, endless errands, endless driving. With no family and only hard-fought playdates or drinks together, the isolation is profound. I miss my friends, who are right next door or down the street, and with each passing year, I miss my family, the missing limb whose phantom pain only increases.” —*Tarja Parssinen, 2016 (Salon)*

Talk openly with a trusted friend

Start a compliments file, and read through these periodically

Goof around with a friend or co-worker so that you don't forget how to play

Edit your social media feeds and take out negative people (or at least “mute” them if you feel you cannot delete them)

Pay complete attention to the special person you're with, being grateful for your relationship

Help someone in your support network (or anyone!). Carry a bag, open a door, or pick up an extra for them at the store.

Choose who you spend your time with today: hang out with the “Radiators” who emit enthusiasm and positivity, and not “Drains” whose pessimism and negativity robs energy.

Get positive feedback: ask three good friends to tell you what they love about you.

Make a small connection: have a few sentences of conversation with someone in customer service such as a sales assistant or barista.

Ask for help—big or small, but reach out

Have a guys or girls dinner out, and reconnect with best friends or strengthen your relationship with new friends

Get involved with a new group with your same interests: social, hobby, exercise, foodie, etc.

<http://thelitmolife.com/litmo-lesson-life-is-not-meant-to-be-lived-in-isolation/>

<http://healthland.time.com/2013/03/26/social-isolation-not-just-feeling-lonely-may-shorten-lives/>

[https://www.salon.com/2016/03/06/were\\_not\\_meant\\_to\\_do\\_this\\_alone\\_american\\_individualism\\_is\\_destroying\\_our\\_families/](https://www.salon.com/2016/03/06/were_not_meant_to_do_this_alone_american_individualism_is_destroying_our_families/)

<http://bridgehavencounseling.org/thriving-in-struggle/>

<http://www.fgwrc.ca/uploads/ck/files/Resources/Factsheets/FactSheetSelfCare.pdf>

<https://psychcentral.com/blog/archives/2016/08/10/what-self-care-is-and-what-it-isnt-2/>

<https://tinybuddha.com/blog/45-simple-self-care-practices-for-a-healthy-mind-body-and-soul/>

<http://www.npr.org/2017/06/04/531051473/the-millennial-obsession-with-self-care>