

Build your support system



care. commit. connect.

Supportive relationships help individuals with chronic illness live longer lives and experience better well-being. Friends and loved ones can make you more resilient in times of stress or setback and will make good times better.

IDEAS TO BUILD YOUR SUPPORT SYSTEM

- Spend time with people who are good for your mental health
- Start or join a book club at your local library
- Join an activity class at a local gym or YMCA
- Use online resources to find disease-specific support groups on social media or trusted websites such as Inspire.com that foster health communities

TIPS TO SUSTAIN HEALTHY RELATIONSHIPS

- Stay in touch
- Show your appreciation
- Be available when needed
- Don't be afraid to accept help
- Keep communication lines open
- Respect limits

Learn more at ChronicDiseaseDay.org

My Support System

1.

Name:

Contact Info:

How they support me:

2.

Name:

Contact Info:

How they support me:

3.

Name:

Contact Info:

How they support me:

4.

Name:

Contact Info:

How they support me:

References:

University at Buffalo School of Social Work