Circle of Support

It may be that most of us don't stop very often to think about who and what we have in our life that nurtures, supports, encourages, and helps us grow. Building and maintaining good mental health is dependent on using a variety of resources to promote wellness and help provide the strength and resiliency to move through difficult times in the most positive way possible. The 'Circle of Support' can be used by yourself or with others to explore the different ways mental health can be built and sustained. Explore your own supports while examining the examples provided by our own staff of CMHA Grand River Branch. In the **inner circle**, include those things that a person can draw on for themselves such as hopes and dreams, belief system, interests, or creative pursuits. In the **middle circle**, explore the informal or natural supports available such as community groups, workmates, family, and friends. In the **outer circle**, include any formal services that can be accessed such as health, social and employment services.

Joining a Attending an cultural or art therapy Participation in spiritual group self-help groups group Developing a crisis plan Income and budgeting support Taking a bubble-bath Practicing good Tai Chi eating habits classesHomemaking **Following** helpGetting enough sleep medicationEducation or plansSpending time re-training Deep breathing Trying a with friends programs Yogaexercises new hobby classesHaving a massage Reading a Journaling Prayer Aromatherapy good book sessionsListening to Joining a musicSet goals community Meditation Seeing a andcentreExercising movieAppointments priorities withSelf-reflection counsellorsGoing shopping Enjoying crafts **Employment** Internal Resting and career Spending time services Taking a Joining a with family mentorship vacation Playing with pets programSupport from Spending time outdoors Painting, drawing doctorsPersonal External / Informal Support Workers Volunteering Therapy Calling Cooking HospitalsessionsHelp lines classesservices External / Formal