Topic: **Social Supports**

Material:

Social support is the perception and actuality that one is cared for, has assistance available from other people, and most popularly, that one is part of a supportive social network. These supportive resources can be emotional, informational, or companionship; tangible or intangible

The Stress Bucket - https://www.youtube.com/watch?v=1KYC5SsJjx8

Research shows that good social relations improve overall happiness. On the other hand, loneliness and low social support is linked to depression and anxiety.

Developing a working relationship, even if it's just with one person, can help combat feelings of isolation or loneliness

Cutrona and Suhr define a social support category system, which involves five general categories of social support
Informational support refers to messages that include knowledge or facts, such as advice or feedback on actions
Emotional support is related to the expressions that include caring, concern, empathy, and sympathy.
Esteem support is defined as the messages that help to promote one's skills, abilities, and intrinsic value
Social network support is defined as the messages that help to enhance self belonging to a specific group with similar interests or situations
Tangible support is conceived as physically providing needed goods and services to recipients.

Social Support at work
The more social support workers have, the more involved, committed and satisfied they are. Workers are happier and more productive, want to stay working with the organization for the long-term and are much more likely to perform to their highest potential

How to increase social support at work
Peer support - eg. join group/professional association
Explore wellness opportunities that may exist
Formal mentorship program
Embrace social interactions (eg. sit with others at lunch)
Recognizing and reach out when you need support
Shadow someone

What gets in the way?
Fear about being judged
Worry about being a bother
Fear of negative consequences
Pride
Feeling ashamed
Feel insecure, 'weak'
Not wanting to be seen as 'stupid'

Strategies to cope
Reach out to the right person (Eg. co-worker vs. boss)
Acknowledge and accept difficult emotions as they arise
There are no stupid questions
Reframe your thinking - learning opportunity, reaching out takes strength
Start small - small disclosures
Recognizing that everyone needs help at work

Ways to support others at work
Offer help/assistance
Checking in with co-workers
Be supportive, positive
Ask: what kind of support do you need? (eg. solution focused vs. supportive)
Praise and gratitude
Work as a team

Social Support at Home
It can difficult to be social after a long day at work, but creating healthy habits at home can ease this burden.
Finding a balance between how we spend our emotional and physical energy throughout the day - 50/50 personal vs. occupational

Examples: finding hobbies, interests, friend group, neighbourhood group, mom group

Contact Us:
Interested in 1:1 counselling? Self-refer at
https://www.waypointcentre.ca/programs_and_services/frontline_wellness_program
To connect with group facilitators email frontlinewellness@waypointcentre.ca

Resources: