

Support System Mapping Page

Use this page to identify the people, resources, and supports you can turn to when you need encouragement, guidance, or connection.

1. People Who Support Me Emotionally

2. People Who Support Me Practically (tasks, rides, help, etc.)

3. Faith or Spiritual Supports

4. Professional Supports (therapist, doctor, coach)

5. Personal Practices That Support Me (journaling, grounding, prayer, movement)

Reflection

Who can I reach out to this week?
