

# Module: Seeking and Offering Support

This module covers when and where to seek support for wellness and how to be an effective wellness ally for others.

# About CanWork BC

CanWork BC aims to make it easier for youth with disabilities ages 15 to 30 years old to find and keep employment. There are a series of tools and resources for youth, employers, service providers, educators, and caregivers.

CanAssist at the University of Victoria, with the support of the BC Ministry of Social Development and Poverty Reduction, wrote the Provincial Employment Strategy for Youth with Disabilities (ESYD). This strategy informed the tools and resources.

## The Youth Tool

The CanWork BC youth tool is available as an interactive online platform at [portal.canworkbc.ca](https://portal.canworkbc.ca) and through PDF workbooks such as this one. There are five dimensions of content available.

For the full PDF workbook content and accompanying facilitator guides, as well as other CanWork BC tools and resources, go to [canworkbc.ca](https://canworkbc.ca).

## Additional Resources

Throughout this workbook, we'll be discussing wellness supports, however, if you're feeling significantly down, overwhelmed, or in need of immediate support, please remember to reach out for help.

Available resources include:

- **Kids Help Phone:** The leading phone and online professional counselling service for young people in Canada – not just for kids. It's free, anonymous, and confidential.
  - Call for immediate support: 1-800-668-6868
  - Chat online: [kidshelpphone.ca](https://kidshelpphone.ca)
- **Crisis Support:** Immediate support for people feeling suicidal or concerned about someone who might be suicidal.
  - Call: 1-800-784-2433.
  - Text or call: 9-8-8.
  - Visit: [suicideprevention.ca/need-help/](https://suicideprevention.ca/need-help/)
  - For maps of crisis support in your area visit: [crisislines.bc.ca/mapcrisis-lines](https://crisislines.bc.ca/mapcrisis-lines)
- **Mental Health Resources:** Find additional mental health resources and support through these organizations.
  - [helpstartshere.gov.bc.ca/wellbeing/healthy-living/mindfulness](https://helpstartshere.gov.bc.ca/wellbeing/healthy-living/mindfulness)
  - [healthlinkbc.ca/mental-health-substance-use/mental-health/mental-health-supports-and-resources](https://healthlinkbc.ca/mental-health-substance-use/mental-health/mental-health-supports-and-resources)
  - Canadian Mental Health Association - [cmha.ca/](https://cmha.ca/)
  - Mental Health Commission of Canada - [mentalhealthcommission.ca/](https://mentalhealthcommission.ca/)

# Introduction

This module has three sections to help you build your understanding of wellness. You'll explore:

- When and how to seek support for your wellness.
- The different types of support available to you and how to access them.
- How to recognize when you can offer support to others and what that support looks like.

Each section will take around 15-30 minutes to complete, and you're welcome to take breaks in between.

Each section has activities that connect wellness to your own life to make sure this is useful for you. Be prepared to think about and record your answers in whatever way works best. That could be writing your answers in this workbook or using a different format that works for you like voice recording or typing in a notes app.

At the end of the module, you'll have the chance to put what you've learned into practice with reflection questions. Let's get started!

# Section 1: Recognizing When to Seek Support

Even if we take the steps to care of our well-being, sometimes, we face challenges and need support. The first step in seeking support is being able to recognize when we need it. Understanding when we need support and what type of support would help can make a huge difference in maintaining your overall well-being.

**In this section, we'll cover:**

- How to recognize when you need wellness support.
- Understanding the type of support that would be helpful.

By the end of this section, you should be more comfortable identifying when and what type of support to seek.

## Engage and Explore

### Seeking Support

Wellness is about more than just physical or mental health. It covers many areas of life, including emotional, social, cultural, and intellectual well-being. While we often know when we need help with physical health – like when we get hurt, we usually know when it's time to see a doctor – we don't always recognize when we need support in other areas. It's important to understand when we need support in each area of wellness so we can take action before things get overwhelming.

Think about a time when you needed support with your physical wellness, like when you felt sick or injured. You likely knew when to let someone know and take a break or visit a doctor. But what about other areas of wellness? For example, have you ever felt emotionally drained, socially isolated, or stressed? Were you able to identify the need for support in these areas? Knowing when to ask for help can be tricky, but it's an important skill.

Let's start by looking at different types of support available to us. Learn more about them in the table below.

Type of Support	Description
<b>Personal support</b>	Personal support refers to the support you provide to yourself. This can include self-care practices, such as relaxing, practicing mindfulness, or using other strategies to cope with stress. Personal support also means recognizing and acting on your own, whether it's taking breaks, setting boundaries, or seeking professional help when needed. It's the practices you have in your toolkit to support your own well-being.
<b>Social support</b>	Social support refers to the support you can receive from friends, family, or other individuals in your network. These people know you well and can provide practical

	<p>help, encouragement, advice, or simply a listening ear. Social support helps you feel connected.</p>
<p><b>Community support</b></p>	<p>Community support includes resources and networks you can access in your community. This can be support groups, online communities, or local organizations. Community support can help you connect with people with similar experiences or challenges. Whether it's joining a support group for mental health, finding an online group for hobbies, or participating in a local wellness initiative, community support can broaden your network and provide advice or resources.</p>
<p><b>Professional support</b></p>	<p>Professional support refers to the support provided by trained experts in various areas. This could be mental health counselors, doctors, therapists, or other specialized professionals. These professionals offer specialized guidance and services tailored to your unique needs. Whether it's seeking therapy for emotional support, consulting a doctor for physical health concerns, or working with a financial advisor,</p>

	<p>professional support ensures you have access to advice and resources to help you address specific challenges to improve your overall well-being.</p>
--	---

When do you reach out to each type of support? Sometimes, it's clear what kind of support we need, but other times it isn't. What are some signs that you know it's time to seek different levels of support for your well-being? If you would like, you can write your answers below or in a notes app or another digital format that works for you.

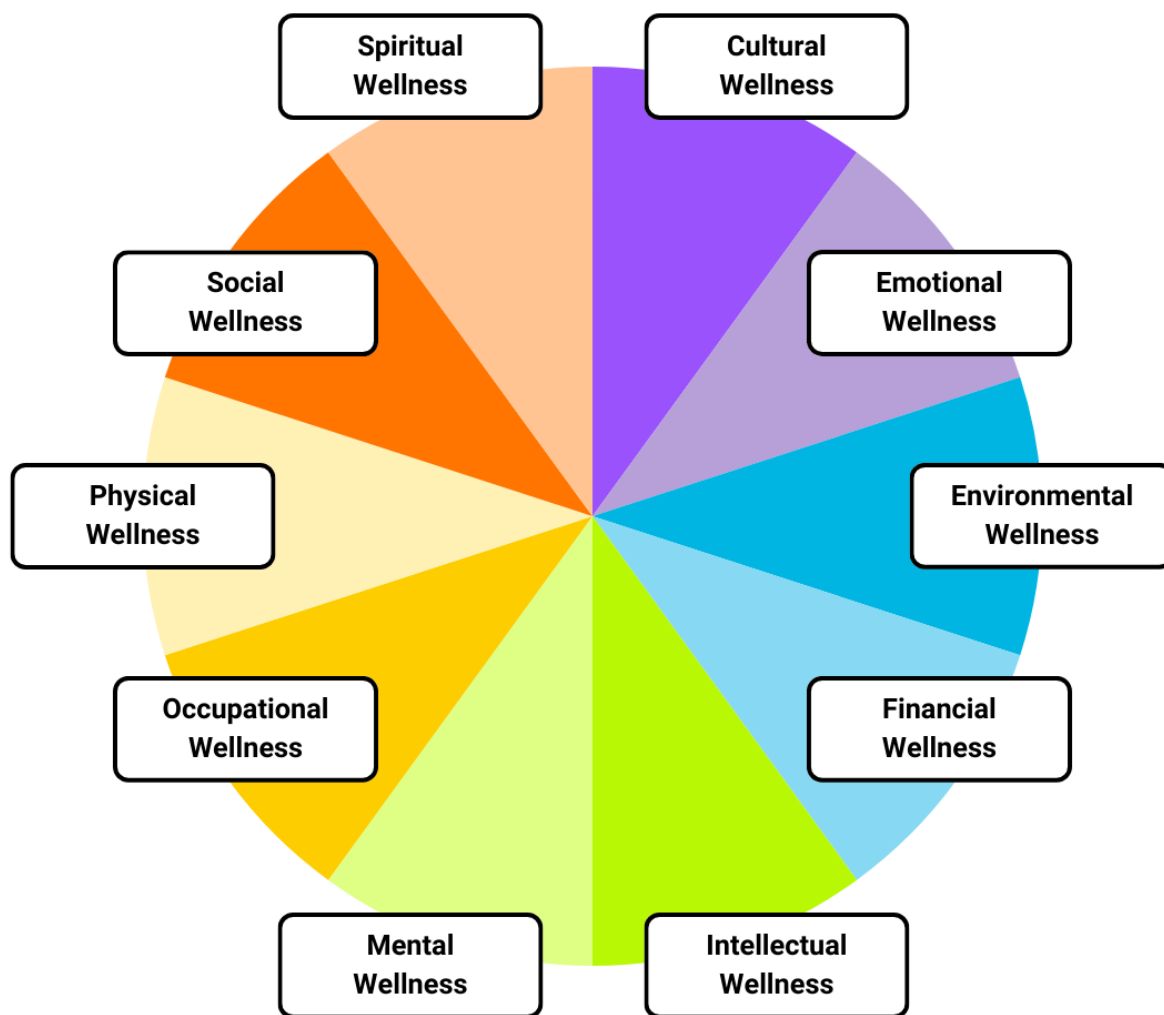
Recognizing the type of support you can access is a great first step. Now it's time to connect this to your own life. Continue to the next page to identify the things each type of support can help with and when it might be time to reach out.



# Make it Personal

## Recognizing When Support is Needed

Now that you've explored the types of support that you could access, let's explore signs that it might be time to reach out for support and strategies for how to reach out when it is needed.



The wellness wheel shows the areas of wellness. Read about indicators that it's probably time to lean on each type of support.

*This Wellness Wheel is largely based on the Canadian Mental Health Associations Wellness Wheel and the six dimensions of wellness identified by Dr. Bill Hettler. 1976. National Wellness Institute.*

## **Cultural wellness**

This part of wellness is about feeling connected to your culture to foster belonging and cultural understanding. It also includes learning about and appreciating other cultures.

Signs that it is time to reach out to each type of support could include:

- **Personal support:** You feel the need to reflect on your cultural identity, explore your heritage, or understand your values.
- **Social support:** You feel the need to talk about your cultural identity with family or close friends or share your experiences with people who understand and foster a sense of belonging.
- **Community support:** You want to connect with others who share your cultural identity or experiences.
- **Professional support:** You feel disconnected from your cultural identity or need help navigating cultural challenges.

## **Emotional wellness**

This part of wellness is about understanding and managing your emotions to handle stress, build resilience, and keep a positive outlook.

Signs that it is time to reach out to each type of support could include:

- **Personal support:** You notice you are feeling overwhelmed or stressed and need time to manage your emotions. Self-care practices like mindfulness or journaling can help process your emotions.
- **Social support:** You feel like talking to someone close to you would help process emotions or reduce stress.
- **Community support:** You feel joining a group or support network could help you relate to others dealing with similar emotions or experiences.
- **Professional support:** You are struggling with intense emotions, such as anxiety, depression, or persistent stress, and need help to understand and manage your feelings.

## Environmental wellness

This part of wellness is about your connection to your surroundings. This can include the immediate spaces around you, like your home, workplace, or school, as well as your broader surroundings, like the land you live on, and its connection to the global environment. It's about recognizing how these environments impact your well-being and finding ways to contribute to healthy and sustainable surroundings.

Signs that it is time to reach out to each type of support could include:

- **Personal support:** You feel stressed by your environment, whether it's a messy workspace or a cluttered home. Taking steps to improve your physical environment can help you feel more at ease.

- **Social support:** You need help from others to make your environment more comfortable or supportive.
- **Community support:** You feel the need to be part of an environmentally conscious group or to get involved in sustainability efforts in your local community.
- **Professional support:** You want expert advice on improving your living or working environment, such as creating an ergonomic workspace or dealing with environmental stressors.

## Financial wellness

This part of wellness is about understanding and managing your finances. It includes budgeting, saving, and investing for the future.

Signs that it is time to reach out to each type of support could include:

- **Personal support:** You need to manage your finances by creating a budget or tracking your spending habits.
- **Social support:** You're unsure about making a financial decision and would like advice or a second opinion from someone you trust.
- **Community support:** You're looking for resources or advice on managing finances, such as free financial workshops or community financial literacy programs.
- **Professional support:** You need expert guidance on managing debt, saving for the future, or investing.

## Intellectual wellness

This part of wellness is about learning, growing, and seeking knowledge.

Signs that it is time to reach out to each type of support could include:

- **Personal support:** You feel the need to engage in activities that stimulate your thinking and learning.
- **Social support:** You want to engage in conversations or collaborate with others who share your intellectual interests.
- **Community support:** You're looking for resources or groups that offer learning opportunities or intellectual challenges.
- **Professional support:** You want to expand your knowledge in a specific field and need access to expert advice or structured learning.

## **Mental wellness**

This part of wellness is about looking after your mind to think clearly, make good decisions, and remember things. It includes accessing proper care for mental health conditions.

Signs that it is time to reach out to each type of support could include:

- **Personal support:** You notice that you're feeling mentally overwhelmed or stressed. Practicing self-care or mindfulness can help you manage your thoughts.
- **Social support:** You're looking for someone to talk to about your thoughts or feelings and need emotional reassurance.

- **Community support:** You feel the need to connect with others with similar mental health challenges or experiences.
- **Professional support:** You experience ongoing mental health challenges, such as anxiety or depression, and require specialized support.

## Occupational wellness

This part of wellness is about enjoying your work, growing in your career, and maintaining a healthy work-life balance.

Signs that it is time to reach out to each type of support could include:

- **Personal support:** You feel your work-life balance is out of sync and need to set boundaries or manage your time more effectively.
- **Social support:** You need feedback or advice from peers or family about your career or work-life balance.
- **Community support:** You're looking for networking opportunities or a group of individuals who share your professional interests.
- **Professional support:** You're facing challenges at work, such as burnout or career uncertainty, and need expert advice.

## Physical wellness

This part of wellness is about looking after your body by exercising, eating well, sleeping well, and accessing proper care for illnesses or injuries.

Signs that it is time to reach out to each type of support could include:

- **Personal support:** You're feeling very tired and need to take time for rest, exercise, or better nutrition.
- **Social support:** You're feeling physically fatigued or unhealthy and need to take time for rest, exercise, or better nutrition.
- **Community support:** You're looking for fitness classes, wellness events, or local resources to help you with physical health.
- **Professional support:** You have specific physical health concerns, such as an injury or chronic condition, and need specialized advice.

## **Social wellness**

This part of wellness is about building and maintaining healthy relationships, participating in social activities, and having people who support you.

Signs that it is time to reach out to each type of support could include:

- **Personal support:** You want to take time for self-reflection and assess your social connections.
- **Social support:** You feel lonely and need a connection to close friends or family.
- **Community support:** You feel disconnected and want to engage with others who share your interests or values.

- **Professional support:** You're facing difficulties in relationships or social anxiety and need professional advice.

## Spiritual wellness

This part of wellness is about finding meaning, exploring your values and beliefs, and connecting with something bigger than yourself.

Signs that it is time to reach out to each type of support could include:

- **Personal support:** You want to reflect on your beliefs, values, and purpose in life.
- **Social support:** You want to discuss your spiritual beliefs or values with someone who shares or respects them.
- **Community support:** You're seeking like-minded individuals who share your spiritual beliefs or values.
- **Professional support:** You're experiencing spiritual distress or uncertainty and want guidance from a trained expert.

Now that you've explored signs that it might be time to reach out for support let's apply this to your own life. Choose an area of wellness and think about the following questions to practice. Write your answers below or in a notes app or another digital format that works for you.



**Question:** What signs or feelings am I noticing that suggest I might need support in this area?

- *Example: I've been feeling really tired and unmotivated lately, even though I'm getting enough sleep. I've also been avoiding my friends because I feel overwhelmed.*

**Question:** What skills or resources do I have to address this on my own?

- *Example: I could use a planner to organize my tasks better and set small goals to make things feel less overwhelming. I also know some breathing exercises that help me calm down when I'm anxious.*

**Question:** Could I talk to anyone in my personal network (friends or family) about this?

- *Example: I could talk to my best friend because they're really good at listening without judging me. I could also talk to my mom because she always helps me figure out what to do next.*

**Question:** Would community support (groups or organizations) be helpful for me in this situation?

- *Example: I think accessing the wellness centre at my school could help as well.*

**Question:** Do I need professional support, such as talking to a counselor, doctor, or specialist?

- *Example: I think it might help to talk to a counselor about how overwhelmed I feel. They could help me find better ways to manage my stress and figure out why I'm feeling so low.*

**Question:** What might prevent me from seeking support, and how could I overcome this?

- *Example: I sometimes worry that people will think I'm overreacting if I ask for help. To get past this, I can remind myself that asking for help shows strength and that it's okay to take care of myself.*

Taking care of your wellness is an ongoing process and knowing when and how to seek support is key to maintaining it. Whether it's through self-care, being supported by friends and family, connecting with your community, or reaching out to professionals, there are many ways to get the help you need. By now you should have a better understanding of the signs that indicate when you need support so you can take steps to take care of your well-being.

## Section 2: Seeking Support

Seeking support is a key part of maintaining wellness, especially when life feels challenging. Now that you've explored different types of support and indicators that it's time to reach out let's explore how you can go about reaching out for that support.

**In this section, we'll cover:**

- Where to seek wellness support.
- The different types of support available.

By the end of this section, you should have a clearer understanding of where you can go to access wellness supports and how to ask for help.

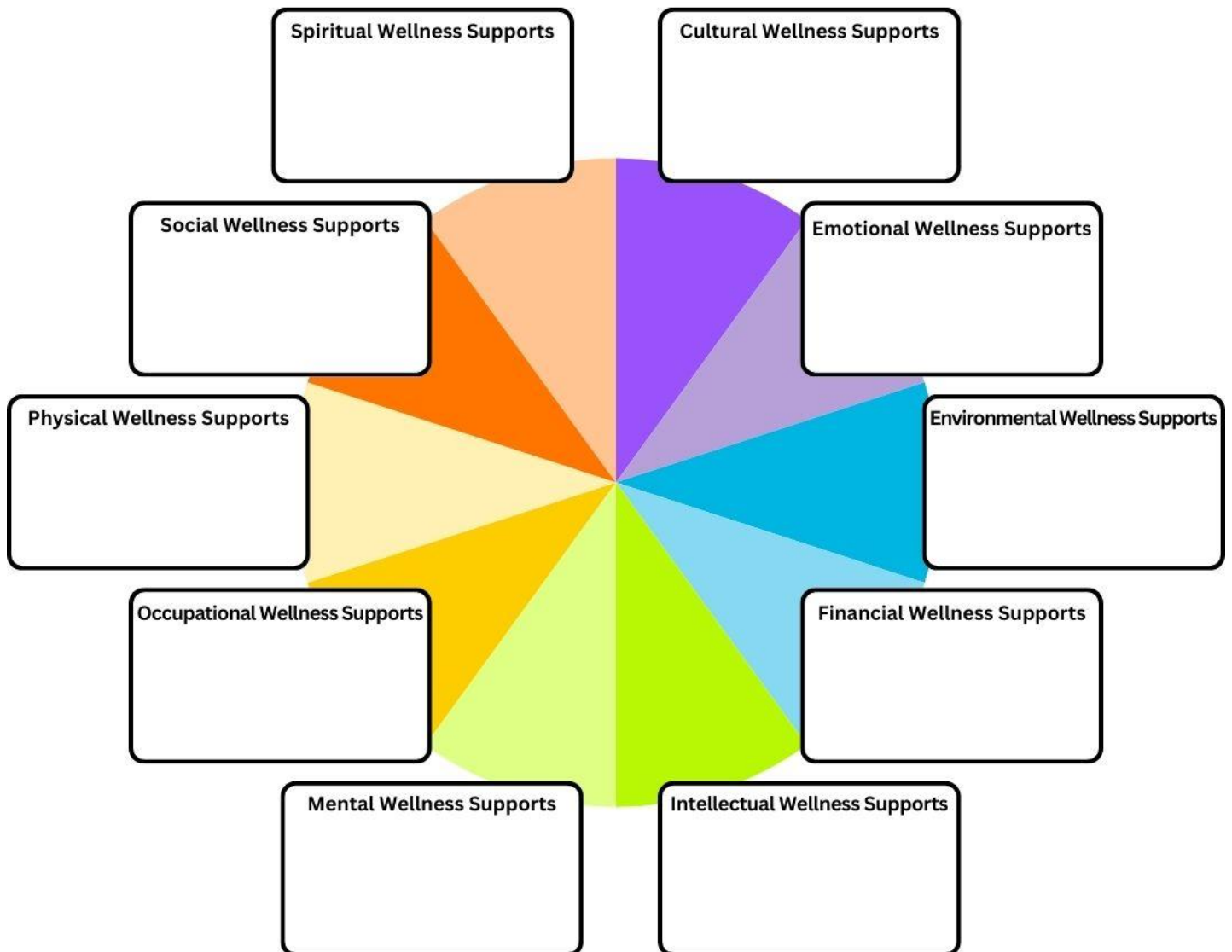
### Engage and Explore

#### Creating Your Support Map

Let's start by creating a support map by following the steps below.

- **Step 1:** Use the wellness wheel below or draw or print your own.
- **Step 2:** Create a list of supports available for each area of your well-being and record them on your wheel.
  - Use the examples of types of support below the wheel if you need help.

## My Wellness Supports



## Cultural wellness

This part of wellness is about feeling connected to your own culture to foster belonging and cultural understanding. It also includes learning about and appreciating other cultures.

- **Personal support:** Practices like exploring your cultural heritage, reflecting on your identity, and embracing traditions that resonate with you.
- **Social support:** Family, friends, or community members who share your cultural background or support your cultural exploration.
- **Community support:** Cultural groups, events, and organizations where you can connect with others who share similar cultural experiences.
- **Professional support:** Cultural consultants, diversity trainers, or counselors who specialize in multicultural perspectives.

## Emotional wellness

This part of wellness is about understanding and managing your emotions to handle stress, build resilience, and keep a positive outlook on life.

- **Personal support:** Emotional self-regulation techniques, journaling, or practicing mindfulness to manage your feelings.
- **Social support:** Talking with a trusted friend or family member to share your emotions and receive comfort.

- **Community support:** Emotional support groups, online communities where you can talk about challenges, or peer-led support networks.
- **Professional support:** Therapists, counselors, or life coaches who can help you navigate complex emotions and stress.

## Environmental wellness

This part of wellness is about your connection to your surroundings. This can include the immediate spaces around you, like your home, workplace, or school, as well as your broader surroundings, like the land you live on, and its connection to the global environment. It's about recognizing how these environments impact your well-being and finding ways to contribute to healthy and sustainable surroundings.

- **Personal support:** Creating a peaceful and organized personal space, reducing clutter, and surrounding yourself with nature or calming environments.
- **Social support:** Encouragement from friends or family to live in a way that supports environmental health (e.g., reducing waste, choosing sustainable options).
- **Community support:** Community cleanup programs, neighborhood sustainability initiatives, and local environmental awareness groups.
- **Professional support:** Environmental consultants, sustainable lifestyle experts, or architects focused on eco-friendly spaces.



## Financial wellness

This part of wellness is about understanding and managing your finances. It includes budgeting, saving, and investing for the future.

- **Personal support:** Setting personal financial goals, creating a budget, and managing your expenses to ensure financial stability.
- **Social support:** Family members, friends, or mentors who offer advice on managing money, saving, and making financial decisions.
- **Community support:** Financial literacy workshops, budgeting seminars, and resources from community centers that help improve financial knowledge.
- **Professional support:** Financial planners, accountants, credit counselors, or investment advisors who provide professional guidance on managing money.

## Intellectual wellness

This part of wellness is about learning, growing, and seeking knowledge.

- **Personal support:** Reading, studying, and engaging in activities that challenge your thinking and expand your knowledge base.
- **Social support:** Engaging with peers, mentors, or educators who encourage learning and intellectual growth.

- **Community support:** Community classes, book clubs, or public talks that foster intellectual engagement and learning.
- **Professional support:** Academic counselors, career advisors, or teachers who provide guidance and resources for intellectual development.

## **Mental wellness**

This part of wellness is about looking after your mind to think clearly, make good decisions, and remember things. It includes accessing proper care for mental health conditions.

- **Personal support:** Engaging in mental wellness practices like meditation, cognitive exercises, and stress management techniques.
- **Social support:** Friends, family, or support groups that offer emotional support and encouragement for your mental health.
- **Community support:** Mental health workshops, peer support groups, or online platforms for mental wellness.
- **Professional support:** Psychologists, therapists, psychiatrists, or counselors who offer specialized care and treatment for mental health challenges.

## **Occupational wellness**

This part of wellness is about enjoying the work you do, growing in your career, and maintaining a healthy work-life balance.

- **Personal support:** Setting career goals, managing stress at work, and finding ways to balance your work and personal life.
- **Social support:** Colleagues, supervisors, or mentors who provide encouragement and support in your career.
- **Community support:** Job fairs, career workshops, and professional networking groups that help you grow in your career.
- **Professional support:** Career coaches, human resources professionals, or work-life balance experts who offer guidance and strategies for success.

## Physical wellness

This part of wellness is about looking after your body by exercising, eating well, sleeping enough, and accessing proper care for illnesses or injuries.

- **Personal support:** Exercise routines, healthy eating habits, and rest practices that support your physical well-being.
- **Social support:** Friends, family, or workout buddies who encourage you to stay active and live a healthy lifestyle.
- **Community support:** Local fitness centers, health clubs, wellness workshops, or physical activity events.
- **Professional support:** Doctors, nutritionists, personal trainers, or physical therapists who offer expert advice and support for physical health.

## Social wellness

This part of wellness is about building and maintaining healthy relationships, taking part in social activities, and having people who support you.

- **Personal support:** Practices for improving your social skills, such as effective communication, conflict resolution, and relationship-building.
- **Social support:** Close friends, family, or mentors who offer emotional support, companionship, and encouragement.
- **Community support:** Social clubs, group activities, and volunteer opportunities that help you connect with others and build friendships.
- **Professional support:** Social workers, relationship counselors, or group therapy sessions that focus on enhancing social connections.

## Spiritual wellness

This part of wellness is about finding meaning, exploring your values and beliefs, and connecting with something bigger than yourself.

- **Personal support:** Practices like meditation, prayer, self-reflection, or engaging in activities that align with your personal beliefs and values.

- **Social support:** Support from others who share your spiritual or philosophical beliefs, whether in a faith-based or secular context.
- **Community support:** Religious or spiritual groups, mindfulness communities, or volunteer organizations that align with your spiritual values.
- **Professional support:** Spiritual advisors, religious leaders, or counselors who offer guidance on exploring and deepening your spiritual beliefs.

Each area of wellness offers unique forms of support to help you through challenging moments. By recognizing when you're feeling unwell in one of these areas and seeking the appropriate support, you can take positive steps toward improving your well-being. Great work mapping out the support that is available to you! Keep going to build strategies for accessing that support.

## Make it Personal

### Asking for Help

Recognizing when you need support and knowing where to go for support are important steps for taking care of yourself. The next step is to ask for support when you need it! Use this activity to reflect on some personal strategies for seeking support. By understanding this, you can develop a clear plan for reaching out for help when needed.

Asking for support doesn't always come naturally but using the strategies you are learning here can make it a bit easier! Use the questions below to create your own approach for asking for support. Write your answers below or in a notes app or another digital format that works for you.

**Question:** Who can you turn to for different types of support? Think about those you have in your community, family, friends, coworkers, professionals, or others. Identify which people might be helpful for different types of support.

- *Example: I could talk to my best friend for emotional support, my mom for advice, and a therapist if I need more professional help.*

**Question:** What's a simple and clear way you could ask for support?

Sometimes, the hardest part of asking for help is knowing what to say. Here are some examples:

- *"I've been feeling overwhelmed lately, and I could really use some advice about how to manage my time. Do you have time to chat?"*
- *"I've been feeling a bit down lately. It would really help me to talk things through with you when you're available."*

**Question:** What challenges or fears do you have about asking for help, and how can you address them?

It's normal to feel hesitant about asking for help. Think about what might hold you back and how you can work through those feelings.

- *Example: I'm afraid that people might think I'm weak for needing help. To address this, I remind myself that everyone needs support sometimes, and it's okay to ask for it.*

**Question:** How can you make it easier for the person you're asking to help you?

Think about how you can be clear and direct so the person you're reaching out to knows how to help you.

- *Example: I can be specific about what I need, like, "Could you listen to me for a few minutes or help me brainstorm solutions for my current project?"*

## Your Plan for Seeking Support

Now that you've reflected on your signs and strategies, let's create a personal plan for when you need support. Consider the questions below and write your answers below or in a notes app or another digital format that works for you.

**Question:** When you start to feel overwhelmed or notice signs that you need support, what's the first thing you will do?

- *Example: I will check in with myself and ask, "How am I feeling? What do I need?" If I need emotional support, I will reach out to a close friend.*

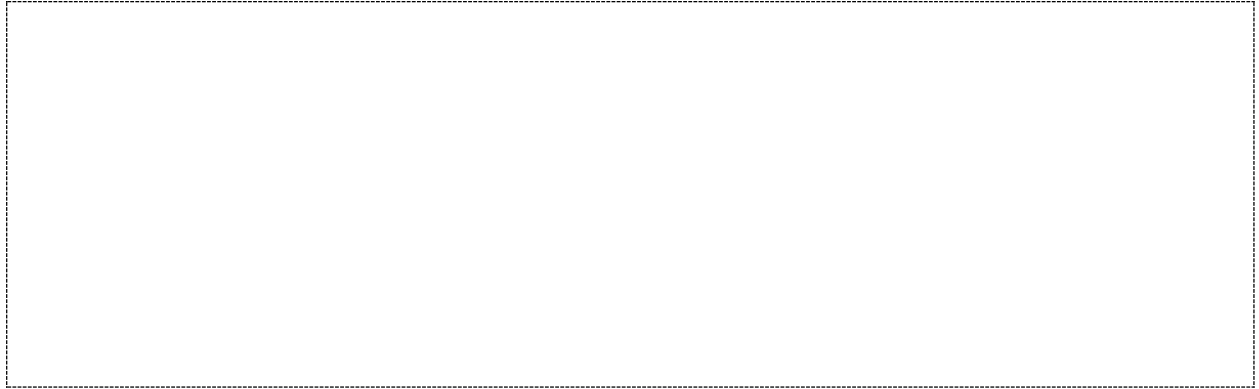


**Question:** What's one specific action you'll take if you realize you need support?

- *Example: I'll make a list of tasks and decide which ones I can tackle on my own, and which ones I need help with. Then, I'll call someone I trust to talk through it.*

**Question:** How will you ensure that you continue seeking support if your initial approach doesn't feel like enough?

- *Example: If talking to a friend doesn't help, I'll schedule an appointment with a counselor to explore other options and ensure I'm getting the support I need.*



Great work creating your support map and building strategies to ask for support! You've taken an important step. Even if you don't need support right now, it's important that we have an idea and plan for when we do need help. It can be harder to reach out in the moment and having a plan in place means we are more likely to get the help we need.

## Section 3: Being a Supportive Ally

While taking care of your wellness is important, we can also be there for others. Being a supportive ally means offering understanding, being an active listener, and creating a compassionate environment for the people around you. However, it's important to remember that you are not in charge of someone else's wellness. Instead, you can provide support by checking in with others, listening without judgment, and being mindful of their feelings and needs.

### **In this section, we'll cover:**

- How to be an active listener and offer support to those around you.
- Why it's important to approach others with understanding and empathy, without trying to take responsibility for their wellness.

By the end of this section, you should have a better understanding of how to support others in a healthy, respectful way that fosters connection and compassion.

## Engage and Explore

### Understanding Your Role

Supporting others doesn't mean you have to solve their problems or take on their struggles. Being a supportive ally means you help

create a space where they can feel heard and understood and encourage them to take the steps they need for their well-being.

## **So, what does it mean to be a supportive ally?**

It means checking in on the people around you and being there to listen when they need it. It's important to listen actively, show empathy, and offer encouragement when it's appropriate. However, always remember, you are not responsible for the well-being of others. Your role is to offer support and help them feel understood.

Check out these examples of what being a supportive ally can look like. As you read them consider:

- Are there any other examples you can think of?
- Can you think of a situation in which you have used this?

### **Example 1: Listening actively**

- When a friend shares how they're feeling, listen carefully without interrupting. Let them express themselves fully and validate their feelings.

### **Example 2: Checking in regularly**

- Simply asking, "How are you doing?" can go a long way in showing that you care.

### **Example 3: Being empathetic and understanding**

- If someone is going through a tough time, show understanding and avoid making judgments or offering unsolicited advice unless they ask.

Support looks different for everyone. Some people might want to talk things through, while others might need you to be present without saying much. It's important to respect their boundaries and offer support in the way that feels most comfortable for them.

## Make it Personal

### Start by Reflecting

Let's start by thinking about a time when someone supported you. Consider the questions below. Write your answers below or in a notes app or another digital format that works for you.

**Question:** What did the support someone offered you look like?

- *Example: A teacher helped me by giving me extra time on a test and letting me take it in a quiet room so I could focus better. They also checked in with me afterward to see how I was feeling.*

**Question:** How did it make you feel to have someone offer you support?

- *Example: A coworker noticed I was feeling overwhelmed at work, so they helped me break down my tasks into smaller steps and reminded me to take short breaks.*

Now, let's look at how you can offer that same support to someone else. Consider the questions below. Write your answers below or in a notes app or another digital format that works for you.

**Question:** When was the last time you were supportive of someone? What did you do to help them?

- *Example: Last week, a friend was feeling down about school. I just listened to them vent without offering advice, which seemed to help them feel better.*

**Question:** How does it feel to offer support to others?

- *Example: It feels good to know I've been there for my friends, even if I couldn't solve their problems. Being a safe space for them made me feel like I'm helping.*

**Question:** When might you find it difficult to offer support to others? Why?

- *Example: I find it hard to offer support when I'm overwhelmed myself because I feel like I don't have the energy to help others. I need to take care of myself first so I can be there for others.*

## Make a Plan

Think about how you can apply the idea of being a supportive ally in your everyday life. Whether checking in with a friend or being more understanding in a difficult situation, taking small steps to be there for others can make a big difference in their lives. Consider the questions below. Write your answers below or in a notes app or another digital format that works for you.

**Question:** Who in your life might need more support, and how can you be there for them?

- *Example: My cousin has been feeling down about her job search. I'll reach out to check in with her more often and offer a listening ear when she needs it.*



**Question:** How will you show empathy and understanding when someone is struggling?

- *Example: I'll listen without offering advice unless they ask for it, and I'll make sure they know I care about what they're going through.*

**Question:** What boundaries do you need to set for yourself when supporting others?

- *Example: "I'll remind myself that I can't fix everyone's problems, and it's okay to take breaks if I feel emotionally drained."*

# Reflect and Connect

## Job Satisfaction Toolkit

We've covered a lot in this module, including:

- How to recognize when you need support.
- Where you can go to find support.
- Strategies for being a supportive ally to others.

Take a moment to think about the questions below and how they relate to your experiences. Think of this as a reflective journal for yourself, which you can refer to later.

Happy reflecting!

**What type of support have you used in the past to help with challenges or to help maintain your well-being?**

- *Example: I've used counseling in the past to talk through my feelings, and it really helped me feel less stressed.*

**How will you recognize the signs that you need support in your own life moving forward?**

- *Example: I will pay more attention to when I feel overwhelmed or disconnected and remind myself that it's okay to ask for help when I need it.*

**What's one strategy you want to try when asking for support next time?**

- *Example: I want to practice being more direct and asking for help right away instead of waiting until I'm overwhelmed.*

**What steps will you take to be a supportive ally for someone in your life?**

- *Example: I'll check in with my cousin more often and make sure she knows I'm here to listen without offering advice unless she asks.*

**What is one way you can set boundaries for yourself when offering support to others?**

- *Example: I will remind myself that I'm here to listen, but I don't need to solve their problems. I'll take breaks when needed to avoid feeling overwhelmed.*

# Keep Going

There is so much more to learn! Access the full CanWork BC content and learn more about the program at **[canworkbc.ca](https://canworkbc.ca)**.

Canada



BRITISH  
COLUMBIA

This program is funded by the Government of Canada  
and the Province of British Columbia.