



**Your social wellbeing is dependent on the quality and diversity of your support.  
Here are four types of social support you can use.**

**EMOTIONAL SUPPORT:**

Forms of communication that meets an individual's emotional needs and bolsters their self-esteem or ability to overcome challenges

**PRACTICAL HELP:**

Any physical or tangible assistance provided by others such as help with cooking or studying. This kind of support helps an individual complete tasks in their daily life.

**SHARING POINTS OF VIEW:**

Communication that affirms an individual's perspective and shares their own ideas on how to handle a situation or task at hand.

**SHARING INFORMATION:**

Communication that provides useful or needed information or resources to enable an individual to make the best decision moving forward.



Who are the people or communities  
that give you these types of support?  
Fill in the spaces below to map  
your social support  
network.

emotional support

practical help

sharing points of view

other sources of social support in  
your life

sharing information

Brought to you by BWell Health Promotion - Brown University  
Reference: Princeton University's U Matter Initiatives