



## REFLECTION QUESTIONS

- What sort of support do you need (or not need) in this season?
- What are the barriers of inviting support in your life? Name the reasons why you might want to deny accepting help.
- What has brought you encouragement when YOU have served others?
- What feels in and out of your circle of control when it comes to cultivating support? (I.e. people's actions, what you communicate to others, etc.)
- List out your top three needs for today. Next to each need, write the name of one person who could share that burden with you today.

# CULTIVATING SUPPORT

## RESOURCES & REFLECTIVE GUIDES

It can be an incredibly hard, vulnerable, humbling thing to ask for help and seek the support of others. When facing an illness or loss, there is need for support for the "long haul" which can make the ask all the more daunting.

When we are mindful and recognize the need we have, how do we take the next step by cultivating support and inviting others in?

Being vulnerable to name the need is a courageous first step. Learning to ask for help before we actually are in dire need AND remembering people actually love to help are all small shifts to cultivate support in our lives.

How does the below quote resonate or encourage you today?

Refusing to ask for help when you need it is refusing someone the chance to be helpful.

Ric Ocasek

quotefancy



## REFLECTION QUESTIONS

- Which "E" is the easiest? Which is the most difficult?
- How difficult is it to allow others to help you? What is stirred in you when others offer to help? (i.e., feelings of vulnerability, etc.)

# THE FOUR E'S OF CULTIVATING SUPPORT

"I don't even know where to start. I don't even know what I need...how can I even think to express that to someone else?"

Cultivating support and inviting others in feels daunting and overwhelming when you already feel overwhelmed. Use "The 4 E's" to identify "on ramps" where people can come alongside of you.

### EXPAND YOUR CIRCLE

Who do you have in your life who can step up for you in big or small ways?

### EXAMINE YOUR SELF CARE

Not only will it help you, it will also help set a good example for your family and gives them permission to do the same. Caring for yourself will only help you care for others.



### ENLIST YOUR CHILDREN

Help empower them in age-appropriate ways to maintain a sense of involvement. Routine roles, responsibilities, and expressing gratitude goes a long way!

### EDIT YOUR PRIORITIES

Just because you can't do everything like "before" doesn't make you any less courageous and strong. Decide on what is most important and focus on that. Many of the things we think we "should" be doing are oftentimes not as important as we think.

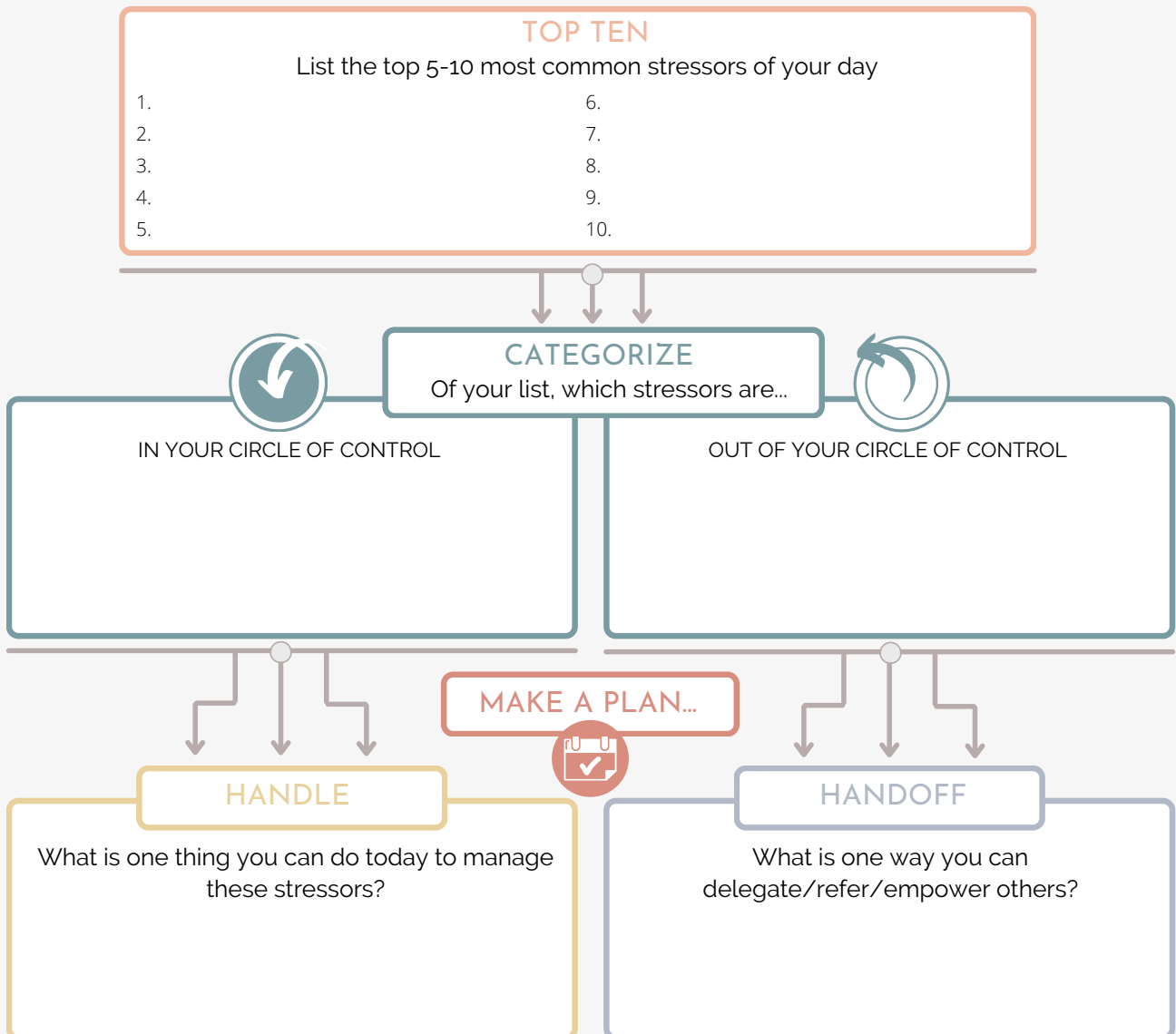


## REFLECTION QUESTIONS

- Start by just thinking about your past day and/or week to identify the stressors.

## TO HANDLE OR TO HAND OFF

Discerning what areas of life to invite support can be clouded by the overwhelming nature of life and grief. Use this template to sort through your ongoing thoughts, to-do lists, and needs.





## REFLECTION QUESTIONS

- Support can feel like a pizza...there are a lot of layers to the whole thing which can help you! What support do you need? How can you ask for support?

# FAMILY ACTIVITY: PIZZA OF SUPPORT

Model for your children and teens how they can invite support in their own lives.

Consider having a family pizza night and creating your own "pizzas of support" by using this as a template or creating your own ingredients with construction paper.



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Cut and write your answers on the back of each ingredient.



**CRUST-**  
What holds everything together.

Who are the most important supports in your life?

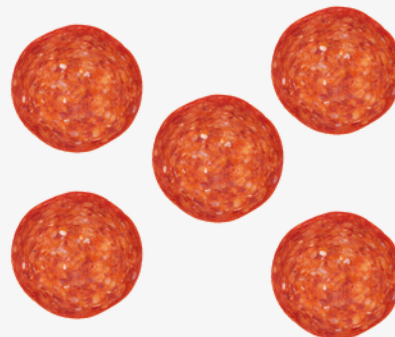


**CHEESE-**  
The common factor for every pizza.  
What supports you every day?



**SAUCE-**  
Smooths things over.

Who are people who help "smooth things over" on a hard day?



**TOPPINGS-**  
One of a kind!  
Who supports you in a "one of a kind" way? What helps you feel supported in a unique way?