

BUILDING A WELLNESS TEAM

Your wellness team is your support system. It is important to identify your needs and a person who can help with that need. You may think of a person before you can identify what need they fill. That is OK. Go in whatever order helps you.

For example, when I need a break from my crying baby, I can call my friend to sit with him while I rest or take a walk. When I need emotional support, I can call and make an appointment with my therapist. When I need prayer, I can call my small group team. It is important for you to also set boundaries for these relationships. For example, if you know it is OK to call a friend when you need to talk, it is also important to know when and how often you can call. Make sure that you have at least one professional resource (counselor, psychiatrist) and one emergency contact on your team.

List your needs and support person:

NEEDS	SUPPORT PERSON