



## Social Support

- What is support? Comfort, suggestion of truth, capable of fulfilling a role, actively interested in success, and approval and encouragement.
- Different types of support:
  1. Informational Support (Advice, directions, suggestions, or feedback)
  2. Esteem Support (Encouragement or agreement with a person's ideas or feelings and positive comparison of the person with others)
  3. Tangible Support (Lend person money, help with chores, or any task that may alleviate stress)
  4. Emotional Support (Expression of empathy, caring, and concern)
- Determine the type of support that is needed to progress in your goals.
- Communicate your needs, including for support:

Direct, assertive expression makes for clear communication and can help boost self-esteem and decision-making. Being assertive means expressing your thoughts, feelings, and needs in an open and honest way, while standing up for you and respecting others.

- Use "I" statements versus directives when expressing need for change and assistance.

Example: "I would appreciate if you would assist me by helping with cooking meals, as I feel overwhelmed when trying to lose weight."