

My Support System

Help comes in all shapes and sizes. Each and everyone of us contributes unique talents when called upon to help. Who can you call upon for support – emotional support (if they live far away, perhaps), or tangible help with errands and chores?

Make a list of who can help you with each of the following needs, then keep that list handy. If you're having trouble thinking of immediate friends and family who can help you with something, consider hiring help; it's better than trying to go it alone. Remember,

*"No man is an island,
Entire of itself..." –John Donne*

1. **The realist.** This person will tell it like it is when you need to hear it.
2. **The researcher.** This person will be able to steer you toward the latest parenting information on just about any subject.
3. **The shoulder to cry on.** This person is the best at just listening.
4. **The task master.** This person will know the best way to tackle your to-do list. They may even run an errand for you.
5. **The busy body.** This person will come over and willingly do housework – actually enjoy it, even.
6. **The problem solver.** This person will think outside the box and help you see your problem in a new way.
7. **The ray of sunshine.** This person will bring some positivity into your day.
8. **The comforter.** This person will show up and pamper you.
9. **The chef.** This person will bring you a meal.
10. **The night owl.** This person is usually awake when you most need them.

Can you think of anyone else you can add to your support system? List their names below.