



My Support Network

Building Connections That Strengthen Resilience and Emotional Well-Being



Why Social Support Matters

Strong relationships help us manage stress, regulate emotions, and recover from difficult situations. Everyone needs people they can trust, encourage them, and remind them they are not alone.

Healthy support doesn't mean having lots of people—it means having the right people.

MY SUPPORT TREE

Write the names of people who support you in each area.



FAMILY

How do they support me?

- ☐ Listen
- ☐ Encourage
- ☐ Help solve problems
- ☐ Spend time with me
- ☐ Other: _____



FRIENDS

How do they support me?

- ☐ Listen
- ☐ Make me laugh
- ☐ Keep me accountable
- ☐ Encourage healthy choices
- ☐ Other: _____



PROFESSIONAL SUPPORT

(Therapist, counselor, sponsor, mentor, pastor, coach)

How do they help me?

- ☐ Teach coping skills
- ☐ Give advice
- ☐ Encourage growth
- ☐ Hold me accountable
- ☐ Other: _____



COMMUNITY

(Church, recovery group, volunteer organization, club, class, veterans group)

How does this community help me?

- ☐ Belonging
- ☐ Purpose
- ☐ Friendship
- ☐ Learning
- ☐ Service
- ☐ Other: _____

★ MY CIRCLE OF SUPPORT ★

Who could I call if...



I'm angry



I'm overwhelmed



I need encouragement



I need honest advice



I need practical help

STRENGTHENING MY SUPPORT NETWORK

This week I will:

- ☐ Call or text someone I trust.
- ☐ Spend time with family or friends.
- ☐ Attend a support group, church, or community event.
- ☐ Schedule or attend a therapy session.
- ☐ Encourage someone else.
- ☐ Ask for help when I need it.
- ☐ Other: _____

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REFLECTION



Who makes me feel safe, accepted, and encouraged?



What is one relationship I want to strengthen?



What is one step I will take this week?

REMEMBER

Strong people ask for support.

Healthy relationships build resilience, reduce stress, improve emotional regulation, and remind us that we don't have to face life's challenges alone.



MY COMMITMENT

One person I will connect with this week:

Date: _____

Signature: _____

Connection builds resilience. Healthy relationships help us become stronger, calmer, and more confident—one conversation at a time.

My COPING TOOLBOX

My tools. My choices. My calm.



Date: _____

Directions: Explore the strategies below. Check the ones that are helpful for you, Then, choose your top tools to create your personal Coping Toolbox.



1. QUICK CALM TOOLS

Tools to help you calm your body and mind in the moment.

- ☐ Deep breathing (4-6 breathing)
- ☐ Progressive muscle relaxation
- ☐ Grounding (5-4-3-2-1)
- ☐ Slow counting (count backward)
- ☐ Splash cold water on face
- ☐ Take a short walk
- ☐ Listen to calming music
- ☐ Stretch or do light movement
- ☐ Hold or squeeze something comforting



2. THINKING TOOLS

Tools to shift your thoughts and gain perspective.

- ☐ Pause and ask: "What is another way to look at this?"
- ☐ Challenge unhelpful thoughts
- ☐ Focus on what I can control
- ☐ Use positive self-talk
- ☐ Practice gratitude
- ☐ Visualize a peaceful place
- ☐ Read an inspiring quote
- ☐ Remind myself: "This will pass."



3. EMOTIONAL RELEASE TOOLS

Healthy ways to express and release emotions.

- ☐ Write in a journal
- ☐ Talk to someone I trust
- ☐ Draw, color, or create art
- ☐ Punch a pillow (safely)
- ☐ Cry if I need to
- ☐ Yell into a pillow (safely)
- ☐ Play an instrument
- ☐ Exercise or be physically active
- ☐ Pray or meditate



4. LONG-TERM RESILIENCE TOOLS

Tools that build strength, balance, and overall well-being.

- ☐ Get enough sleep
- ☐ Eat healthy foods
- ☐ Stay hydrated
- ☐ Spend time in nature
- ☐ Practice mindfulness
- ☐ Set boundaries
- ☐ Connect with supportive people
- ☐ Engage in hobbies
- ☐ Volunteer or help others
- ☐ Set and work toward goals
- ☐ Attend therapy or counseling
- ☐ Read or learn something new
- ☐ Maintain a routine
- ☐ Take care of my spiritual needs



MY TOOLBOX REMINDER

Before I react, I will:

- 1 STOP
- 2 BREATHE
- 3 CHOOSE A TOOL
- 4 RESPOND MINDFULLY



BUILD YOUR PERSONAL COPING TOOLBOX

Choose your TOP strategies from above that you will use most often.

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1



My Top Tool:

2



My Top Tool:

3



My Top Tool:

4



My Top Tool:

5



My Top Tool:

My Plan →

When I start to feel anger rise, I will first:

If I am still struggling, I will use:

I will remind myself:



My Support →

People I can reach out to:

1. _____
2. _____
3. _____

Places that help me feel calm:

1. _____
2. _____
3. _____

Remember: →

Using coping skills early can prevent anger escalation.

I have the tools.
I have the power.
I choose my response.



I CAN CHOOSE CALM. I CAN USE MY TOOLS. I CAN HANDLE THIS.





My EMOTIONAL REGULATION PLAN

My awareness. My tools. My growth.

This plan helps you recognize what triggers your emotions, use healthy coping skills, and build a support system to help you stay calm and in control.



1. MY WARNING SIGNS

What are early signs that my emotions are rising?
(Thoughts, feelings, physical sensations, behaviors)

1. _____
2. _____
3. _____
4. _____
5. _____



Catching the early signs helps me take action sooner.



2. MY TRIGGERS

What situations, people, or thoughts tend to trigger strong emotions or anger?

1. _____
2. _____
3. _____
4. _____
5. _____



I can't always control my triggers, but I can control my response.



3. MY COPING SKILLS TOOLBOX

What coping skills help me calm down, think clearly, and make healthy choices?



CALM MY BODY

- ☐ Deep breathing
- ☐ Progressive muscle relaxation
- ☐ Go for a walk
- ☐ Stretch
- ☐ Drink water
- ☐ Other: _____



CALM MY MIND

- ☐ Count backward
- ☐ 5-4-3-2-1 grounding
- ☐ Challenge my thoughts
- ☐ Focus on what I can control
- ☐ Positive self-talk
- ☐ Other: _____



EXPRESS & RELEASE

- ☐ Write in a journal
- ☐ Talk to someone
- ☐ Draw or create art
- ☐ Listen to music
- ☐ Punch a pillow (safely)
- ☐ Other: _____



TAKE ACTION

- ☐ Do something I enjoy
- ☐ Practice gratitude
- ☐ Help someone else
- ☐ Work toward a goal
- ☐ Other: _____



My top 3 go-to coping skills are:

1. _____
2. _____
3. _____



4. MY SUPPORT SYSTEM

Who can support me when I need help or feel overwhelmed?

People I can talk to:

1. _____
2. _____
3. _____

Professional Support:

1. _____
2. _____
3. _____

Places or activities that help me feel calm and safe:

1. _____
2. _____
3. _____



I don't have to handle tough moments alone.



5. MY GOALS

What realistic goals will help me grow and regulate my emotions more effectively?

Short-Term Goals (next 1-2 weeks):

1. _____
2. _____

Long-Term Goals (next 1-3 months):

1. _____
2. _____

Why these goals are important to me:



Small steps today = Big change tomorrow.



6. MY PLAN IN ACTION

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When I notice my warning signs, I will:



I will use my coping skills to:



My goal is to respond in a way that supports my values:



I am learning. I am growing. I choose calm.



My Signature: _____

Date: _____



EMOTIONAL REGULATION *Daily Log*

Practice today. Grow tomorrow. Build the life you want.

Name: _____

Week of: _____



My Commitment: I will practice emotional regulation skills every day to strengthen new habits and create positive change.

Remember:

Small daily choices
create big changes
over time.



DAY Date _____	TRIGGERS What triggered strong emotions?	EMOTIONS What did I feel? (Name the emotion)	INTENSITY Rate the intensity 0 (calm) – 10 (overwhelmed)	SKILLS I USED Which emotional regulation skill(s) did I use?	HOW IT HELPED What was the result?	DAILY HOMEWORK What did I practice or complete today?
MONDAY ____/____			0 1 2 3 4 5 6 7 8 9 10			
TUESDAY ____/____			0 1 2 3 4 5 6 7 8 9 10			
WEDNESDAY ____/____			0 1 2 3 4 5 6 7 8 9 10			
THURSDAY ____/____			0 1 2 3 4 5 6 7 8 9 10			
FRIDAY ____/____			0 1 2 3 4 5 6 7 8 9 10			
SATURDAY ____/____			0 1 2 3 4 5 6 7 8 9 10			
SUNDAY ____/____			0 1 2 3 4 5 6 7 8 9 10			



EVENING REFLECTION

What went well today?

What was challenging?

What can I do differently tomorrow?



SKILLS CHECKLIST

Check the skills you practiced today.

- | | |
|--|---|
| ☐ Deep Breathing | ☐ Wise Mind |
| ☐ Grounding (5-4-3-2-1) | ☐ Positive Self-Talk |
| ☐ Progressive Muscle Relaxation | ☐ Take a Walk / Move My Body |
| ☐ Mindfulness / Stay Present | ☐ Journaling |
| ☐ STOP Skill | ☐ Other: _____ |



WEEKLY SUMMARY

At the end of the week, reflect on your progress.

My biggest success this week: _____

The skill that helped me most was: _____

One area I want to improve: _____

I am proud of myself because: _____



AFFIRMATION OF THE WEEK

I choose to respond,
not react.

I have the power
to regulate my
emotions.



☆ *Keep Going!*

Consistent practice builds strong habits. Every day you practice, you are becoming more in control, more confident, and more you.

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