

EXERCISE SHEET:

# Your Social Support



## IN THE WORKPLACE

**Social Support in the Workplace** acts as a crucial job resource (refer to *Wellness Shot 3 on the UMass HR Wellness page*) for everyone. It fosters a sense of belonging, enhances resilience, and promotes overall well-being by creating a supportive environment where individuals can seek help, share knowledge, and navigate challenges effectively. Organizations that prioritize social support initiatives often experience higher levels of employee satisfaction, engagement, and productivity.

Use this worksheet to identify your social support systems and identify **at least ONE individual** for each category.

## IDENTIFY YOUR SOCIAL SUPPORT SYSTEMS

### 1 ESTEEM SUPPORT

Involves boosting and promoting others' skills and value. Supportive individuals recognize strengths, fostering confidence and self-worth. They offer praise, encouragement, and acknowledgment, emphasizing competence and value.

**List the name(s) of the person** who provides you esteem support and briefly write down what/how they provide the support?

**YOUR ANSWER:**

**Boss:**

**Friend (Work or Personal):**

**Personal Trainer:**

**Coach:**

**Teacher/Professor:**

**ADDITIONAL REFLECTION:**

Has anyone at work ever praised your work or efforts this year? Who was it?

## IDENTIFY YOUR SOCIAL SUPPORT SYSTEMS

**2** EMOTIONAL SUPPORT

Individuals offering emotional support express care, concern, and empathy. They are compassionate and attuned to others' emotions, providing comfort during difficult times. These individuals listen, validate feelings, and offer encouragement or solace, creating a safe space for expression.

**List the name(s) of the person** who provides you emotional support and briefly write down what/how they provide?

**YOUR ANSWER:**

**Best friend/buddy:**

**Romantic partner:**

**Parent/Godparent:**

**Siblings/Cousins:**

**Aunts/Uncles:**

**ADDITIONAL REFLECTION:**

Has a coworker or manager ever listened to you when you were feeling stressed or upset at work?  
How did it go?

**3** INFORMATIONAL SUPPORT

Individuals who offer informational support provide knowledge or facts, offering advice or feedback on actions. They are knowledgeable, experienced, and willing to share helpful information. These individuals guide others with expertise in specific areas, aiding in informed decision-making or actions. They are reliable sources of information, providing valuable insights and practical advice.

**List the name(s) of the person** who provides you informational support and briefly write down what you learn from them?

**YOUR ANSWER:**

**Mentor:**

**Doctor:**

**Teacher:**

**Financial Advisor:**

**Coach:**

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## IDENTIFY YOUR SOCIAL SUPPORT SYSTEMS

Continuation for Informational Support:

**ADDITIONAL REFLECTION:**

Did anyone offer helpful advice or guidance on a work issue recently? How did it impact your approach?

**4 NETWORK SUPPORT**

This enhances belongingness within a group. Inclusive individuals foster connection and unity, creating a supportive environment where individuals feel accepted and valued.

**List the names of the people** who provide you network support and when was the last time you did an activity with them?

**YOUR ANSWER:**

**Group of friends you do an activity with:**

**Mom's/Dad's group:**

**Peer mentoring group:**

**Sports/Rec team:**

**Volunteer organization:**

**ADDITIONAL REFLECTION:**

Have you ever felt supported and included by your coworkers or team members? How did their actions contribute to your sense of belonging at work?

**5 TANGIBLE SUPPORT**

Offers physical assistance through goods or services. Practical individuals provide hands-on help, financial aid, or necessary resources, actively meeting recipients' needs.

**List the names of the people** who provide you tangible support and when was the last time you asked for help?

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IDENTIFY YOUR SOCIAL SUPPORT SYSTEMS

Continuation for Tangible Support:

**YOUR ANSWER:**

**Neighbor:**

**Parent:**

**Friend/Work Bestie:**

**Daycare provider:**

**Cleaning service:**

**ADDITIONAL REFLECTION:**

Additional Reflection: Has anyone ever provided practical help or resources for your work? How did it assist you?

RECAP: THE TYPES OF SOCIAL SUPPORT

