



Frontline Wellness Program – The Coping Club

Topic: **Social Supports**

Material:

Social support is the perception and actuality that one is cared for, has assistance available from other people, and most popularly, that one is part of a supportive social network. These supportive resources can be emotional, informational, or companionship; tangible or intangible

The Stress Bucket - <https://www.youtube.com/watch?v=1KYC5SsJx8>

Research shows that good social relations improve overall happiness. On the other hand, loneliness and low social support is linked to depression and anxiety.

Developing a working relationship, even if it's just with one person, can help combat feelings of isolation or loneliness

Cutrona and Suhr define a social support category system, which involves five general categories of social support

Informational support refers to messages that include knowledge or facts, such as advice or feedback on actions

Emotional support is related to the expressions that include caring, concern, empathy, and sympathy.

Esteem support is defined as the messages that help to promote one's skills, abilities, and intrinsic value

Social network support is defined as the messages that help to enhance self belonging to a specific group with similar interests or situations

Tangible support is conceived as physically providing needed goods and services to recipients.

Social Support at work

The more social support workers have, the more involved, committed and satisfied they are. Workers are happier and more productive, want to stay working with the organization for the long-term and are much more likely to perform to their highest potential

How to increase social support at work

Peer support - eg. join group/professional association

Explore wellness opportunities that may exist

Formal mentorship program

Embrace social interactions (eg. sit with others at lunch)

Recognizing and reach out when you need support

Shadow someone

What gets in the way?

Fear about being judged
Worry about being a bother
Fear of negative consequences
Pride

Feeling ashamed
Feel insecure, 'weak'
Not wanting to be seen as 'stupid'

Strategies to cope

Reach out to the right person (Eg. co-worker vs. boss)
Acknowledge and accept difficult emotions as they arise
There are no stupid questions
Reframe your thinking - learning opportunity, reaching out takes strength
Start small - small disclosures
Recognizing that everyone needs help at work

Ways to support others at work

Offer help/assistance
Checking in with co-workers
Be supportive, positive
Ask: what kind of support do you need? (eg. solution focused vs. supportive)
Praise and gratitude
Work as a team

Social Support at Home

It can be difficult to be social after a long day at work, but creating healthy habits at home can ease this burden.

Finding a balance between how we spend our emotional and physical energy throughout the day -
50/50 personal vs. occupational

Examples: finding hobbies, interests, friend group, neighbourhood group, mom group

Contact Us:

Interested in 1:1 counselling? Self-refer at

https://www.waypointcentre.ca/programs_and_services/frontline_wellness_program

To connect with group facilitators email frontlinewellness@waypointcentre.ca

Resources: