

Good morning and happy Monday team! Also, happy Labor Day!

I hope you all had a great weekend and spent some time practicing gratitude. Like so many other habits in our lives, we must practice something to get better at it. The more we practice the act of being grateful, the more we find ourselves appreciating the people and moments in our lives.

I always tell clients that there are four keys to a happy life. They are structure, self-care, self-love, and support. Let's dive into the importance of building a support squad.

As humans, we are innately social creatures. It is in our nature to develop deep connections with others. Our relational connections also play a significant role in our mindset. You can completely change your experience by shifting what kind of people you keep in your life or by asking others to grow with you.

Let's start thinking about the relationships in our lives, look at the role of trust, identify different types of relationships, and take tangible steps toward developing a healthy support system.

### Important Characteristics of Support System

- **Trust:** What does trust mean to you? What makes someone trustworthy? Do you find it easy or challenging to trust others? Do you find it easy or challenging to trust yourself?  
Reflecting on trust will allow you to begin to examine your relationship more closely and provide you with insight to create change as needed.
- **Dependability:** What makes someone dependable? Can people depend on you?  
This is when you can count on someone to be there for you. They will support and believe in you even when you can't believe in yourself.
- **Boundaries:** What boundaries do you hold in your relationships? Do you feel comfortable saying no to others? Do you feel comfortable saying yes to others?  
This knowledge will allow you to begin shifting any boundaries that may be unhealthy.

**A Mindful Conversation:** This practice can be used with your significant other, a family member, or a friend. Mindful conversations contribute to a positive mindset, as they help us decrease emotional impulsivity, be intentional in our communication, and foster deeper connection. The steps below can help guide you in this process.

1. Schedule a set amount of time to engage in the conversation
2. Remove any distractions
3. Take turns and consider using conversation starters
4. Think before you speak
5. Use intentional language
6. Engage in active listening
7. Reflect what the other person is saying to you
8. Notice judgements and impulses as they arise
9. As you wrap up, offer statements of gratitude
10. Reflect on how the experience was for you

Support Plan – Develop a personalized plan to utilize in times of need

Signs that I need support: \_\_\_\_\_

Coping skills/self-care I can embrace: \_\_\_\_\_

Places I can go to not feel isolated: \_\_\_\_\_

Friends and/or family I can reach out to: \_\_\_\_\_

Professional supports \_\_\_\_\_

Reasons it's okay to seek support: \_\_\_\_\_

Affirmations I can say before reaching out: \_\_\_\_\_

Take time this week to identify your support system and be grateful for your family, friends, and even your work family. We have to take care of each other. I leave you this week with the analogy of the bucket. We all have a bucket in front of us. We must find ways to fill our bucket so we can take care of ourselves and each other. If our buckets are empty, it is nearly impossible to fill another person's bucket. We can utilize our support system to help fill our buckets.

“Make sure everyone in your boat is rowing and not drilling holes when you're not looking.”

- Dr. Steve Maraboli

Peace,  
Maggie

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