

# Build Your Hope Network

This activity will help you identify and cultivate a support network to foster hope, healing, and resilience in six steps. Recognizing individuals who know and understand you can create a network of trusted allies who uplift and empower you during challenging times. Why? Because they value your strengths, contribute to a hopeful, healthy mindset, and are available to support you. So grab a notebook or open a document, and let's get started!

## 1 Reflect on Your Support System

Take a moment to think about the people in your life who have been there for you during difficult times. Consider family members, friends, mentors, teachers, or anyone else who has provided support and encouragement.

## 2 Identify Key Individuals

Make a list of individuals in the categories listed here. Be specific about why each person fits into that category and how they've supported you.

- People who know and understand me
- People who value my strengths
- People who contribute to my hopeful mindset
- People I can confide in
- People available to support me

## 3 Evaluate Your Network

Take a step back and look at your list. What emotions or thoughts do the people you've listed bring forward within you? Are there any gaps or areas where you'd like additional support? Are there relationships that may need strengthening?

## 4 Reach Out and Connect

Take proactive steps to connect regularly with the individuals in your network. Call, text, email, or meet up to express your appreciation for their support and reaffirm your connection. Share the importance of their role in your life and how they contribute to your sense of hope.

## 6 Reflect and Adjust

Reflect on the effectiveness of your hope network periodically and make adjustments as needed. Are there certain relationships that are fulfilling your need for support? Are there new people you'd like to reach out to who align with your values and aspirations? Are there individuals whom you've outgrown?

## 5 Cultivate Relationships

Invest time and energy to nurture your relationships with the members of your hope network. Check in regularly, offer support when needed, and reciprocate acts of kindness. Building a solid support system is an ongoing process that requires mutual care and respect.

By intentionally building and nurturing your hope network, you can create a foundation of support that sustains you through life's challenges and empowers you to embrace your mental health and your future with hope, optimism, and resilience.