

SUPPORT SYSTEM

by:
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We might feel the need to act alone, without assistance from others, from time to time. This can occasionally be cathartic, but it can also leave you with feelings of isolation and slight sadness. Everyone needs to realize that we are not islands and that it is healthy to seek out to our support network. Our friends, family, and coworkers can support us. Due to possible problems in your current or past relationships, it may occasionally be challenging to rely on this assistance. But it's crucial to develop and cultivate our network of allies.

You might realize that you leaned on different people for various things at various times in your life if you take a look back. We have used various members of our support system, depending on our age, requirements, wants, and desires, to help us with various aspects of our lives. Some of us feel that depending on others is a weakness or a restriction as we become older, yet this is untrue! Reaching out to others in our network of support is a sign of strength, not weakness. Being a support to others is just as vital as receiving assistance. A strong support system requires mutual support, therefore we must do the same for the people in our lives.

Here are five benefits of having a solid support network:

1. **Sense of belonging:** Throughout our lives, a sense of belonging is crucial. As we mature from being children to adolescents to adults, it begins with our family of origin and our social circle. Instead of just surviving, we must thrive. We may develop and fulfill our potential in whichever area we are striving for with a strong support structure in place.

2. Reduce Stress: A solid support network helps with stress management. Spending time with loved ones and venting might boost our mood and help us feel less anxious. When you need to de-stress, call a friend or member of your family to go for a walk, a hike, or a yoga session. After a difficult day, having a solid support network can help us relax.

3. Enhance overall wellbeing and health: Having a strong support network is beneficial for our physical well-being at all stages of life, but especially as we get older. Both our physical and

emotional wellness are aided by feeling like we are not alone.

4. Support on an emotional level: Having a strong emotional support network is crucial since it can improve physical health in general. Strong social networks provide us with a group to lean on during difficult times, which is important for maintaining good emotional health.

5. Increased self-esteem: We feel better about ourselves when we have individuals we can depend on and who can depend on us for support. It is always comforting to know that some individuals are cheering both for those in our support system and for ourselves from the sidelines.

There are instances when we find ourselves in a new place or area with no friends or family around. If so, consider taking up volunteering, enrolling in classes or music lessons, or joining a group like a reading or running club. The objective is to meet individuals who share our interests. Many of us adults find others who share our interests at our place of employment, but occasionally this is not the case. Seek out organizations or meetup groups in your area of interest, and work to gradually create a network of friends there.

References:

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