

No Person is an Island: The Need to Explore Social Support

***No man is an island,
Entire of itself,
Every man is a piece of the continent,
A part of the main.***

-John Donne, No Man Is An Island - Meditation XVII

Adapted from Pat Nemec & Amy Spagnolo: “The Real Social Network”, CSPNJ Wellness Conference: NJ, March 2015

Rutgers University



No man is an Island, entire of itself; every man is a piece of the Continent, a part of the main; if a clod be washed away by the sea, Europe is the less, as well as if a promontory were, as well as if a manor of thy friends or of thine own were; any man's death diminishes me, because I am involved in Mankind; And therefore never send to know for whom the bell tolls; It tolls for thee.

(John Donne)

lzquotes.com

Learning Objectives

At the end of the webinar, you will be able to:

- Define social support
- Complete a social strengths assessment (for yourself or with a coachee)
- Identify specific social wellness goals
- Create a social wellness plan

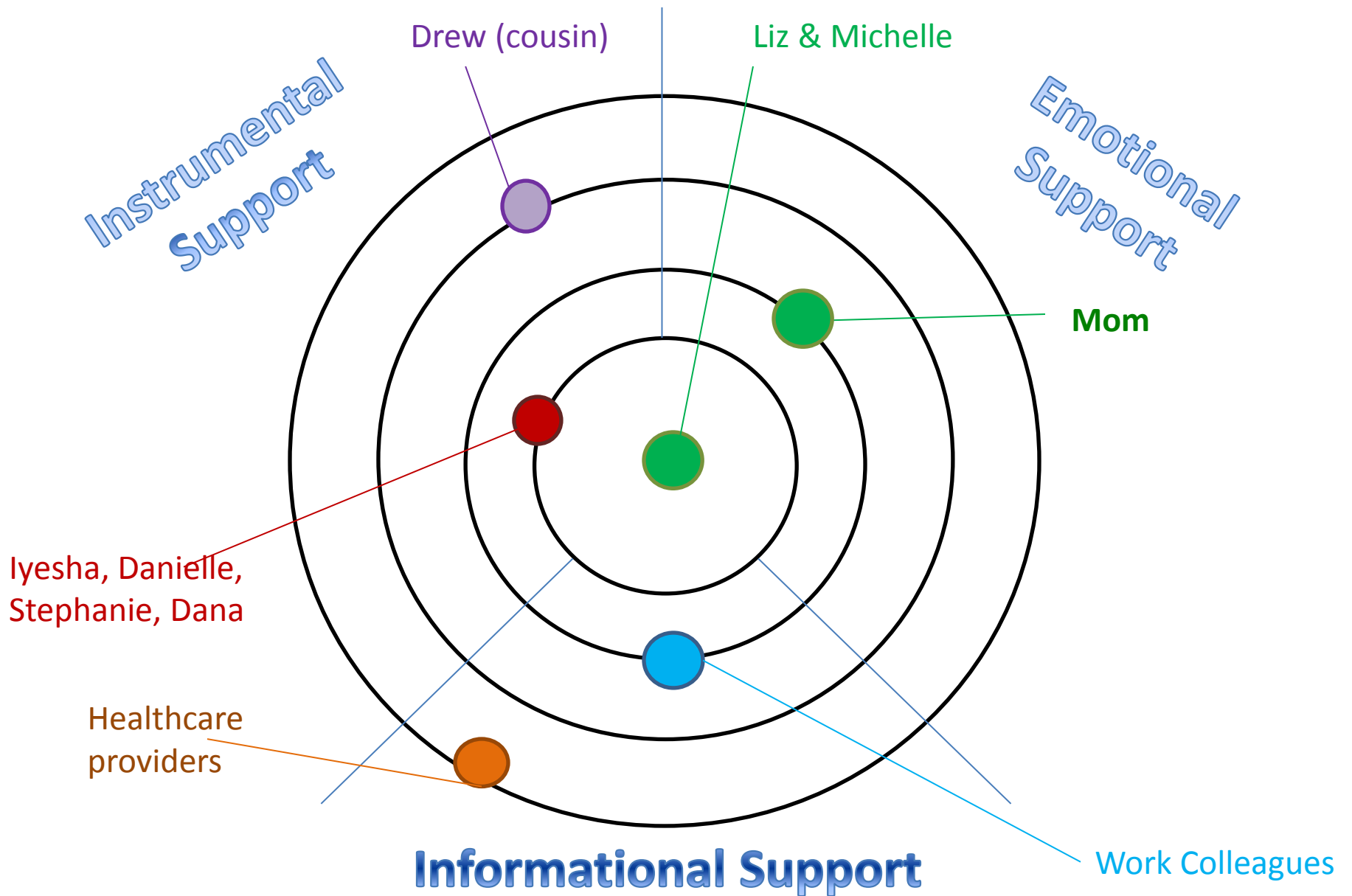
Define Social Support

- Natural supports
- Social support
- Social network
- Social inclusion
- Social capital
- Social quality of life



Types of Social Support

- **Instrumental** support
 - Practical help
 - Things (loaning), direct assistance (giving a ride)
- **Emotional** support
 - Things people do that make us feel loved
- **Informational** support
 - Tells us what we need to know
 - Advice, suggestions, facts



Assessing Social Support

- Standardized measures
- Individualized exploration of strengths
 - Current supports (strengths)
 - Satisfaction with current supports
 - People: The right people?
Enough people?
 - Activities: Type of activities?
 - Frequency and Duration:
Often enough? Long enough?
- Areas of need, desired changes, priorities



ISEL-12 (excerpt)

Measure of Social Support

Instructions: This scale is made up of a list of statements each of which may or may not be true about you. For each statement circle "definitely true" if you are sure it is true about you and "probably true" if you think it is true but are not absolutely certain. Similarly, you should circle "definitely false" if you are sure the statement is false and "probably false" if you think it is false but are not absolutely certain.

1. If I wanted to go on a trip for a day (for example, to the country or mountains), I would have a hard time finding someone to go with me.

definitely false probably false probably true definitely true

2. I feel that there is no one I can share my most private worries and fears with.

definitely false probably false probably true definitely true

3. If I were sick, I could easily find someone to help me with my daily chores.

definitely false probably false probably true definitely true

4. There is someone I can turn to for advice about handling problems with my family.

definitely false probably false probably true definitely true

Social Wellness Goal and Plan

- Goal:
 - Think small and *doable* in about a month
 - Be specific!
 - Remember the reason (motivation)
- Plan:
 - List concrete actions (steps, resources)
 - Address potential barriers
 - Identify timelines for each action

Summary

- Social wellness
 - Who you know (your network)
 - What they do (types of support)
- Strengths: What support do you have now?
- Needs: What support do you want?
- Goal: Close the gap between want and need
- Plan: How you will get what you want
(one small step at a time)