



Supporting Family!

How can we support ourselves and the members of our family??

This activity is a 2 for 1!

One of the foundational steps of building stronger families is to ensure all members within that family are looking after themselves.

'Looking after themselves' is such a broad term and encompasses so much of our lives...are we eating right, are we exercising, are we spending time with family and friends, are we doing things we enjoy, are we getting enough sleep...the list could go on and on.

This activity is going to help focus each member of the family by identifying how they know when they might need to look after themselves and how they might do that.

So by completing this together not only can you help each other identify how you might recognise you need support, you also then know what kind of support each other needs.

It is helpful to remember that EVERYONE needs support from time to time and that support looks different to everyone. Even though we might think we are being supportive, it may not actually be what the other person needs to feel supported. This activity will help make things clearer for everyone.

Of course our needs change over time, so this activity can be an ongoing conversation within the family.

Use the template below to open a discussion, you can complete it all together at the one time or maybe each person has a think about it, writes in their part and then everyone has a turn to discuss their answers, keep in mind sometimes other people can notice signs in us that indicate we need support or even notice the things that help us calm down.

DON'T FORGET:

**Share your experience by commenting on
the relevant Facebook post**



CatholicCareWollongong



Supporting Family Table

Family Member	What things can make you overwhelmed?	How does your body feel when this happens?	How might you display those feelings? (behaviours/actions)	List the things that might help you feel supported
<p>Example including possible adult or child responses:</p>	<p>Bad day at work/school, the mental load of parenting, cooking dinners, too much homework, arguments with friends/colleagues/family</p>	<p>I can get headaches, tension in my neck and back, tired, hot, sweaty, shaky, tightening in the chest</p>	<p>Yell or snap at everyone, become lazy and just want to rest, stop talking to everyone, have a bad attitude, don't want to do anything with anyone</p>	<ul style="list-style-type: none"> • some quiet or alone time • A hug • Drawing or writing • Watching my favourite movie • Mindfulness activities

Our Services.

CatholicCare is the social services agency of the Catholic Diocese of Wollongong, covering the Illawarra, Shoalhaven, Macarthur and Southern Highlands Regions. We support people to establish and build positive

relationships and connected lives. Our aim is to help people through difficult times to help them achieve self-reliance and realise their full potential. We also advocate for social equality and prioritise the needs of the most vulnerable.

CatholicCare is a local not-for-profit organisation committed to helping those in need regardless of religious beliefs, background or circumstances.

