

# My network tree

*You are not alone!*

*Dare to ask people around you for help.*

See what exhausts you and where you need extra support:

## Practical support

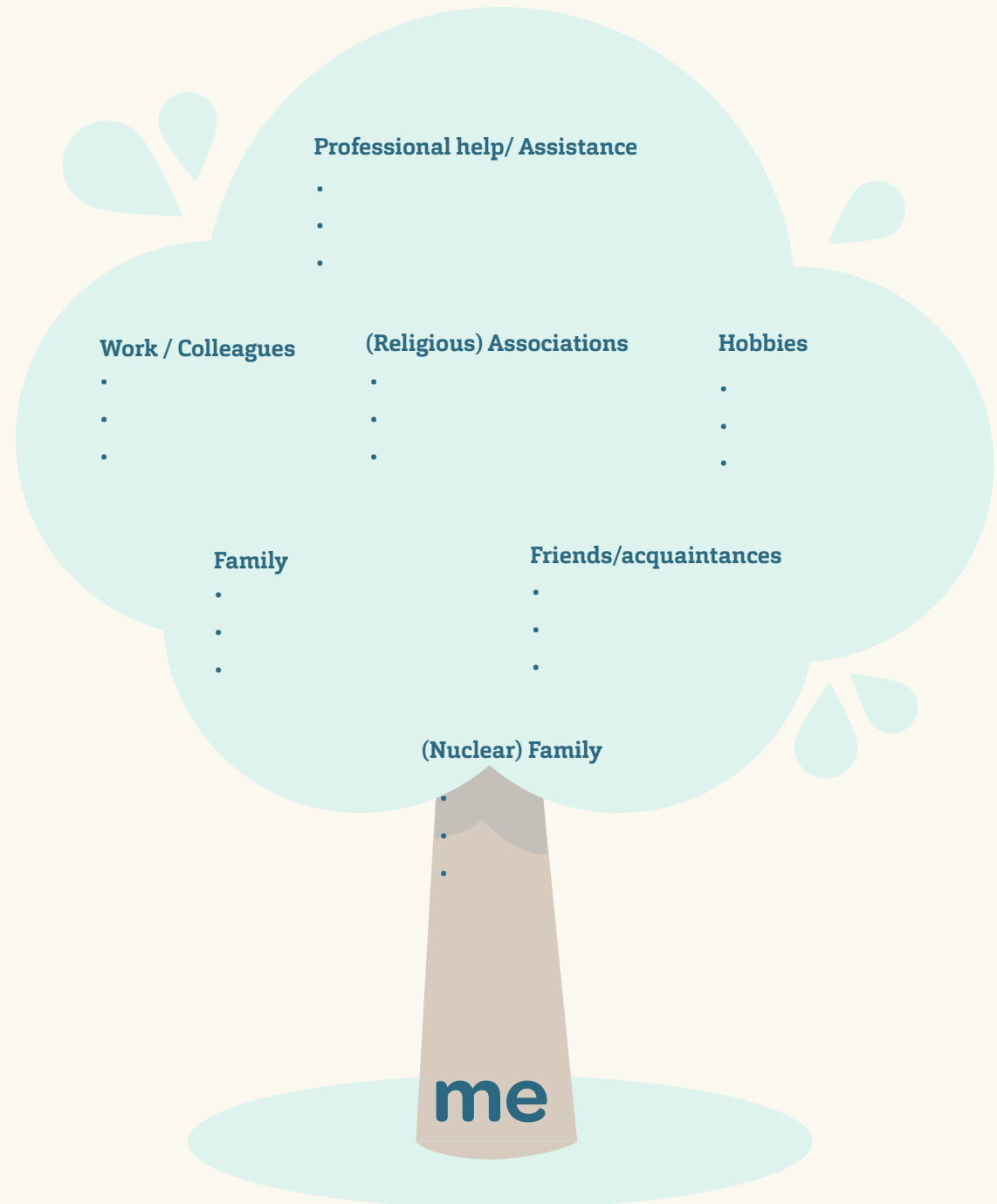
- A helping hand in the household
- Babysitting
- Doing activities together
- Transportation
- Handling paperwork / making phone calls to authorities
- Interpreting

## Emotional support

- Being able to vent / open up your ♥
- Being empowered
- Having pep talks
- Being motivated
- Feeling connected
- Keeping an overview / having a critical view

## Medical support

- Physically
- Emotionally / Mentally / Psychologically
- Religious
- Allowances
- Assistance at home
- Recognition of diagnosis



# Energizers

## What gives me peace?

(Think about: This relaxes me; this makes me happy; this is what I like to do, etc.)

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## Signs of feeling happy

### Emotional well-being

- Optimistic thinking
- Being empathetic
- Smiling / laughing
- Appreciating the small things
- Looking forward to something fun

### Physical well-being

- Being strong and resilient
- Having energy
- Feeling relaxed / having no pain
- Feeling rested
- Having both feet on the ground

### Mental well-being

- Being able to focus
- Critical thinking
- Being able to let go
- Keeping an overview
- Being alert

### Change in behaviour

- Being open to other opinions
- Being active
- Making jokes
- Engaging with others
- Good results

## What are my strengths?

(Think about: your roles, things you do well, personality qualities, etc.)

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## What kind of situations are not a problem?

(Think about: These are my priorities, I am resilient in these circumstances, etc.)

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# Energy guzzlers

## What do I get stressed about?

(Think about: (Time) pressure, actions/statements of people, restriction of freedom,..)

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## Stress signals

### Emotional complaints

- Being anxious or panicky
- Crying easily
- Getting irritated easily
- Feeling restless
- Gloomy thoughts

### Physical complaints

- Headaches
- Nervous tics
- Sleeping problems/ being tired more often
- Muscle pain
- Shallow breathing

### Mental complaints

- Absent-mindedness
- Difficulty concentrating
- Worrying
- Forgetting quickly
- Being overly vigilant

### Change in behaviour

- More alcohol, smoking, medication, etc.
- Avoiding social contact
- Constantly wanting to rest
- Reduced performance
- Change in libido

## What are my pitfalls?

(Think about: frequently overstepped boundaries, your own not-so-nice characteristics, etc.)

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## Quelles sont les situations qui me posent des difficultés?

(Pensez-y: des processus d'adaptation difficiles, éviter la confrontation,...)

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