

# Activity:

## My 5 Group

### ACCESS TO SUPPORT IS A GAME CHANGER!

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When we have people to share ideas with, ask for support when we need it, or easily connect with to say thanks, we are happier and healthier. This activity is designed to help you create your virtual support system. Pre-identifying your support people and creating your support chat is an important piece to successfully accessing support.

Try to identify the people in your life that could be part of your My 5 Group by doing the following:

PLEASE TAKE SOME TIME TO ANSWER THE FOLLOWING QUESTIONS TO IDENTIFY WHO YOUR **MY 5** GROUP WOULD BE:

when something goes well for you, who do you want to tell?

when you get a text or call from this person you always answer

who do you celebrate your holidays with?

who do you ask for help with something big (like a move?)

who have you helped in the past?

who do you share your struggles with?

Once you have identified your group, reach out to them individually and ask if they are comfortable being on a group text with the others you have identified as your 5. You may want to set up some rules about frequency of chatting or what to chat about or not chat about as some people do not like very active group texts. Once everyone has agreed, create a chat group and you can start it with this introduction message:

#### WELCOME TO MY 5!

Thank you for agreeing to be a part of my 5. I may reach out from time to time when I need support. Please take a moment to respond when I reach out-asking for help is hard but we all need to do it! I hope that if you need help you will also reach out through this chat. Thanks for going on this journey with me.