

Healthy Living

Topic of July SOCIAL SUPPORT

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Social Support: Having friends and other people, including family, to turn to in times of need or crisis to give you a broader focus and positive self-image. – PHC

Did You Know?

- ❖ Having strong social support can improve self-esteem and sense of autonomy. – APA
- ❖ Social support buffers the adverse effects of stress on cardiovascular and immune responses, which can provide numerous health benefits. – AIS

Challenge of the Month

Become an active member of the community and expand your social network! Ways to become involved include:

- ❖ **Serve** – Connect with your community by volunteering. Check out handsontriangle.org/need/ for a list of some current opportunities in the Triangle area!
 - ❖ Additionally, there are many ways to become involved with organizations such as [American Cancer Society](http://AmericanCancerSociety.org) and [American Red Cross](http://AmericanRedCross.org).
- ❖ **Lead** – Running for city council provides opportunities to further develop personal and professional skills and voice opinions on city changes. Visit durhamnc.gov to learn more!
- ❖ **Discover** – By engaging in local events, you might find a new hobby, learn a new skill, or make a new friend! Read your local newspaper or search online to find events in your area.
- ❖ **Keep an open mind** – If you are new or do not feel connected to the area, it might seem difficult to venture out. However, by going out and doing activities you enjoy (such as hiking in a park or reading in the library) you might start crossing paths and meeting people with similar interests!

Types of Social Support

Instrumental: A tangible way of giving support, such as by donating items or a service.

Emotional: Support that is felt emotionally, such as love, empathy, and care.

Informational: A form of support provided by giving advice or knowledge.

Nurturing Relationships

It's important to show others that you care about them in order to continue to build the relationship and provide support to one another. Means of doing so may include:

- Calling to check-in on friends
- Inviting friends or family to an event you think they would enjoy
- Celebrate others' successes
- Showing your appreciation for others

Words of Wisdom

"Anything is possible when you have the right people there to support you."

— Misty Copeland

Getting Support

Check out contacthelpline.org for more resources and emotional listening support hotlines. We all need someone at points in our lives. You are not alone!

Join the Duke Health and Exercise Research Trials Registry!



We are looking for healthy volunteers and individuals with various medical conditions to join a variety of clinical research studies. To learn more, contact our team @ Research@duke.edu or 919-681-9000

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