



components of support

These are some of the ways people give and receive support. Think about the people in your life who support you. Do you need additional support in relation to your diabetes care?



In each box, name a supportive person that fits that category and a situation(s) in which they can support you (e.g. when you are feeling overwhelmed).

Emotional Support

Social Support

Instrumental Support

Informational Support

Affirmational Support

Emotional Support: Someone who listens to your thoughts and feelings, like when you have a bad day or something great happens at work. Someone who expresses affection, acceptance or approval.

Social Support: Someone who is there when you want to hang out, whether it be staying in or going out.

Instrumental Support: Someone who you can call on for material goods. This includes money, a place to stay, or a quick ride in case of an emergency. It can also be someone who can assist with diabetes self-management or diabetes-related care.

Informational Support: Someone who's advice or information you trust when you are faced with a big decision.

Affirmational Support: Someone who cheers you on when you are feeling down or need some reassurance.