

# HOW TO BUILD A GREAT SUPPORT TEAM

## Application Guide

Has anyone *who meant well* ever said or done something that hurt you when you were feeling particularly anxious? If so, what was it?

Why did it hurt?

What do you think their intention was?

Who would you choose to be part of your support team to help you manage your stress or anxiety? Be specific – pick 2-5 people whom you think would be best.

Based on the video, what steps do you need to take to help build a great support team?

