**Personal Support Matrix**

## Helen's Headlines

**Short resources with a Christian Ethos**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Spiritual | Professional | Emotional | Social | Social | Notes |
| Family |  |  |  |  |  |  |
| Friends |  |  |  |  |  | *There may also be some friends who drain me!* |
| Home |  |  |  |  |  | *Include people from other organisations in the work/professional cell& others beyond your own workplace* |
| Work |  |  |  |  |  |  |
| Neighbours |  |  |  |  |  |  |
| Church |  |  |  |  |  |  |
| Prayer partners |  |  |  |  |  |  |
| Mentor /coach/  spiritual direction |  |  |  |  |  |  |
| People in other  areas of life |  |  |  |  |  | *Doctor?* |
| Support that’s not people |  |  |  |  |  |  |

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