



## Healthy Coping Worksheet 1

### The Value of Support

**Did you know that.....***when friends, family and others support you and your medical issues they become healthier too?*

Please respond to the questions below.

≡ In the past, what type of support did you get from friends and loved ones for your medical issues? How did this support make you feel?

≡ Would you like to have more support now? If so what support do you need?

How can you ask others to give it to you?

≡ What is one thing you learned from this worksheet that you can share with your healthcare provider?