



**Having A Healthy Social Support
System+ Being able to spot toxic friends**

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What is a Social Support System?

- **Clinical Definition:** Social support is the perception and actuality that one is cared for, has assistance available from other people, and most popularly, that one is part of a supportive social network. A Social Support System is usually made of Family, Friends, and Peers.
- **What does this mean?** - A Social Support system/circle is a group of people that are close to you that can assist in giving advice, mentally supporting you, etc.



How Does A Social Support System Help me?



- Studies have demonstrated that social isolation and loneliness are associated with a greater risk of poor mental health and poor cardiovascular health, as well as other health problems.
- Social Support Has been proven to help the following:
 - Improving the ability to cope with stressful situations
 - Alleviating the effects of emotional distress
 - Promoting lifelong good mental health
 - Enhancing self-esteem
 - Lowering cardiovascular risks, such as lowering blood pressure
 - Promoting healthy lifestyle behaviors

Types of Social Support



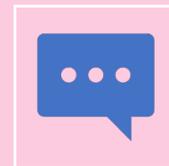
Emotional support- This is the most common type of Social Support, and This means that the people around you are emotionally supportive of you, are very empathetic, and is willing to listen to what you have to say.



Practical help- People Who might give practical help could help with things such as childcare or providing money or gifts. This type of support helps people complete daily tasks.



Sharing points of view- This type of support is when the people around you express their confidence in you or may encourage you. They provide a realistic perspective of any situation



Sharing information- This type of support is helpful when you need information, and people around can provide things like Factual Information, such as asking for tips in certain aspects of your life based from experience some in your social system has experienced

How can I create my own Social Support System?

1

Try to Be More Social in your Community, Volunteering, Joining Public events, or joining clubs can broaden you network and will open a Social Support Network with your peers in no time.

2

Remember to stay in touch with neighbors and co-workers.

3

Use online Resources, such as Facebook, Instagram, twitter to stay in touch with long distance friends/family



**Being Able to Spot Toxic Peers
+what you can do about it**

What is a Toxic Friend?

- There is a saying about toxic friends that goes "Less Friend, More Foe" which in the case of a toxic friend, is true.
- A toxic friend is most likely a friend in your life that will always put themselves before you, much like a "frog pulling down other frogs trying to escape boiling water"
- Most of the time toxic friends don't exactly know they are being toxic, so make sure to pay attention to personality traits that might give the toxicity away.

Types Of Toxic Friends

There are 7 types of Toxic Friends, According to "Scienceofpeople.com"

- ❖ **The Conversational Narcissist:** These types of friends are the types that never let you get a word in when you are talking, and seem to love talking about themselves, or just hearing themselves talk. These Types of Friends are usually self-centered and inattentive to others needs.
- ❖ **The Strait Jacket:** These Types of Friends are the ones that like to control everything/everyone around them and will most likely blow their top when you disagree with them.
- ❖ **The Emotional Moocher:** These are the type of Friends that usually drain the emotional and mental energy out of you. They usually always have something negative/pessimistic to say. It is hard for these types of people to see the positivity around them and usually drag other people down.
- ❖ **The drama magnet:** This type of friend is usually centered around problems, and only want your sympathy, support, and empathy, but not your advice in anyway, This type of friend usually ends up dragging you into their problems.
- ❖ **The JJ:** This stands for the jealous-judgment friend. This type of friend usually is so self-conscience about themselves, that they can't help but gossip and judge everyone around them. In their eyes, everyone around them is always lacking something, or not good enough.



Types Of Toxic Friends (pt2)



- ❖ **The Fibbers:** In this case, these types of friends often lie about both big things and small things, which can be mentally draining because you are constantly doubting what this person is saying.
- ❖ **The Tank:** This type of friend thinks their opinion is always a fact, and often disregards other's feelings, opinions and emotions. They rarely see people as equals to themselves and these types of people/friends are usually incredibly arrogant.

How to end a toxic Friendship

The best way to end a toxic friendship is slowly.

Here are some tips that you can use to gracefully end a toxic friendship:

- **Doing it in person**
- **Letting the person talk/sharing their views, but don't let them guide you away from the main point of the conversation**
- **Don't be harsh- You may have nice memories of this person and you don't want to ruin the entire relationship by being too straight-to-the-point, and hurting the other person's feelings.**
- **Have a goal for what you want said in the conversation/practice what you are going to say. You don't want to stumble on your words and forget the most important points of the conversation.**
- **Use the "Cooling Period" Technique- in which you ask to take a break from the friendship, rather than end it. This will give time to the other person to open up new friendships and hopefully get bored of the one they have with you, which would result in drifting away from each other.**



How Does being in a Toxic Friendship affect my mental health?

During the time period of being in a toxic Friendship, you may experience:

- ✓ Feeling lonely or Isolated
- ✓ Stress levels may increase (since Reduced stress is one key benefits of strong friendships).
- ✓ You Won't feel supported
- ✓ Your self-confidence/self-esteem may lower or decrease
- ✓ You might Find yourself blaming yourself for your friend's behavior.
- ✓ Your other Friendships start to suffer (you start to doubt yourself and may start to think you are a bad friend, which effect's relationships that you have with other people.)



Importance of having a good support system + being able to spot toxic friends

- It is very important to have a healthy social support system for the sake of your mental health, along with knowing that you always have someone to turn to when you have a problem.
- When it comes to having a toxic friendship, it's best that you end it as soon as possible because these types of relationships/friendships can damage your mental health for the worst, or even give you mental health disorders, such as depression, psychological anxiety, etc.



Thank you For Your Time!!!

