



Types of Social Support

Participant handout

Emotional Support: This involves feelings of love, caring, reassurance, and concern, providing you with an overall sense of comfort and being loved through both good and bad times.

Example: Someone who is a good listener, or a shoulder to cry on.

Motivational Support: Typically, this kind of support comes from others who offer encouragement and motivation and increase your feelings of self-worth and competence. An exercise partner or group can provide this support by sharing similar beliefs and goals.

Example: An upbeat and enthusiastic friend or family member cheering on your efforts to be more physically active and eat healthier.

Informational Support. This includes giving advice, directions or suggestions about how you are doing with your behavioral changes. Books, videos, newspaper, magazines, and/or television can provide information -- but be mindful of quick fixes that really are too good to be true.

Example: Health professionals are a good source of information about questions you may have about physical activity and healthy eating and how they relate to your health.

Tangible Support. This includes direct assistance and help that makes it easier for you to make physical activity and healthy eating a permanent part of your life.

Example: A family member or friend who can watch your children to give you time for your walk in the evenings, or a friend willing to meet you for your morning walk.



"Two are better than one,
because they have a good return
for their work: If one falls down,
his friend can help him up. But
pity the man who falls down and
has no one to help him up!"
Ecclesiastes 4:9-10.