

Social Activities with People who are Important and Supportive towards you:*

Essential to your Health and Well-Being

Created for mothers by Helen Bourke-Taylor PhD©

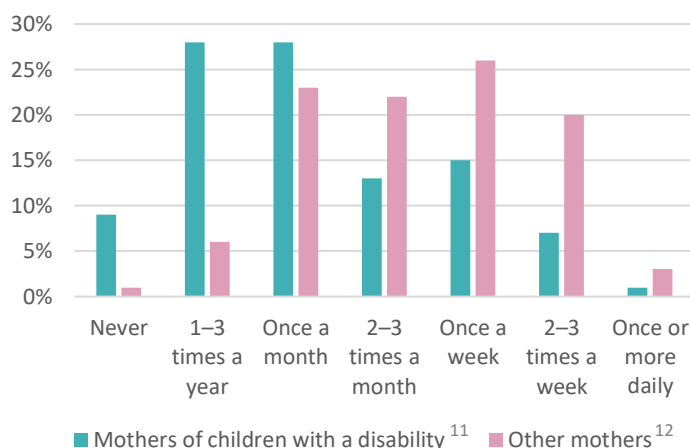


Mothers of children with a disability often spend a lot of their time caring. Even though mothers have less time, it is important to spend time with supportive friends and family.

Examples of social activities¹¹

- going to another families home
- entertaining others
- cultural events with family and friends
- attending social functions
- extended family gatherings.

How often do mothers participate in social activities with important and supportive others?



Circles of support – Reach out to those who are important to you and spend quality time with them.

Why is it important to have support?

Finding time to spend with supportive others can make a difference for a mother's health and well-being. Close friends and family can be a source of emotional support for mothers. It is also important for mothers to spend time with supportive others out in the community together, and participate in enjoyable experiences and events outside of the home environment.^{6, 20, 21}

*'To me the most important light bulb moment was when I realised the importance of social support and friendships to my health. I don't think that I had really made that link before. I realised that I need to prioritise time with friends a little bit more.'*⁵

So what can I do?

Think about your circles of support. Are there people in your life that you want to see more often? Or are there people you wish to bring closer in your circles of support? Whether it be a phone call to see how they are going, a catch up over coffee or maybe going out to events with others, these activities promote quality time.

The time that you spend doing social activities with important and supportive others is time well spent.

Visit our website at <http://www.healthymothers-healthyfamilies.com/> for more information.

*Item 5, HPAS, Helen Bourke-Taylor© see references 9, 11, 12 and 20.

References 5, 6, 11, 12, 20, and 21: See Fact Sheet 13 for full list of references.