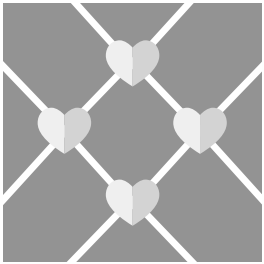


## UNIT 13

# Establish Networks of Care



You have likely received crucial support at a pivotal moment in your life, perhaps from unexpected people or occurrences. Pay it forward by proactively building Networks of Care. Here are a few ideas on how to get started:



## TOOL 1

Examine Yourself Before  
Jumping Into Action

You are an agent of  
change from any social  
position and identity.

You may play different roles in your social networks based on your skills, interests, identities, current learning, and vantage point.

Take a moment to reflect on the social roles with which you most frequently identify, bearing in mind that we all take different roles in different contexts.

Reflect on the Following Questions



Which role(s) did you choose that you felt most comfortable and natural playing, and why?



What is the impact of playing the roles that you do on both you and the community around you? Are the roles draining or nourishing?

Which roles do you feel you have the most confidence and power in? Which roles do you want to challenge yourself to take on more often?





Which of the Establish Networks of Care tools did you use this week? How did it go?



Did you notice any challenges when practicing with the Establish Networks of Care Tools this week? If so, what thoughts, emotions, or sensations did you notice?