

# Department of Family and Consumer Sciences

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## IDENTIFYING YOUR RESOURCES

March 2020

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We all need help from time to time, especially in times of financial, social or work challenges.

This publication is designed to help you think through the support systems you have such as family members, reliable friends, neighbors, faith community, etc. Think about your needs, then about your support systems and how they could come around your family to help. Don't feel bad asking for support; tapping into ministries, groups or individual counseling opportunities is what helps us through challenging times. They are there to help.

Review the resource list below and identify how they can best help you meet your needs. This is called resilient thinking.



### Identify Your Support Systems

Use the spaces below to identify who could be of help during a time of financial, social or work challenges:

**Family:**

**Friends:**

**Neighbors/Coworkers:**

**Faith Group/ Faith Leader(s):**

**Professionals:**

## Identify Your Strengths

Identify your family’s skills, abilities and strengths. How might they increase family income quickly?

Inventory each member of the family; determine what skills each of you has. Find second jobs of any type and part-time work. Look for self-employment opportunities that could create “gig work” based on your skills, talents and availability.

<b>Family Members</b>	<b>Strengths and Abilities</b>	<b>Possibilities for Producing Income</b>

*Adapted and revised by Christopher T. Sneed, PhD, and Ann A. Berry, PhD, from “What to do when you’re in financial crisis” by Carolyn Hansen, Knoxville Compassion Coalition, 2011.*



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