

BEING SUPPORTED

By Donna Deos

When I say you are being supported, what does that mean to you? What is the first thing that comes to mind? Who comes to mind?

Being supported comes in lots of forms. Sometimes it is financial, like when we are kids and our parents pay for and provide everything. (Or when we are older and we have to move back in with them due to unexpected life changes!)

Sometimes it is physically, like when someone holds us up – for example you turn your ankle and your friend comes over, helps you get up and walks you over to a place to sit to get off of the bad ankle, so you can work together to figure out what to do next.

Another way we are supported is emotionally. Like when you have a bad day and you turn to a friend or loved one to talk to about it. Or when something tragic happens and most everyone you know comes by and offers you their support.

Support is defined on Google as a verb: “bear all or part of the weight of; hold up;” “give assistance to, especially financially; enable to function or act;” “suggest the truth of; corroborate;” or “endure; tolerate”.

Do you feel you have enough support in your life?

As we age the level of support we need changes. As kids, we need lots of support – at varying levels, until we get out on our own. Then, over time the support we need increases and decreases as our jobs, relationships and other circumstances change. At our older years our needs for support change as well. Things that used to be easy now are more difficult. Our bodies can't do as much as they used to or for as long and we could really use more support in a variety of areas.

At all stages of life, we need emotional support as life takes its twists and turns. Whatever stage you are at, and whatever you are experiencing, there is support out there for you. All you need to do is let someone know!

I know many of us like to be strong and tough and try to do it all ourselves. We don't want to admit we might need some help here and there. But really, we ALL do at some point in our lives.



If you need someone to truly listen and to help call Donna!

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There are lots of ways we can support each other. Support is a two-way street. I'm sure if you look back on your life you can remember lots of things you did for people, just because. For example, the new person moved in next door and you baked them a welcome cake or some cookies. That is being supportive.

Then, there's the time your friend needed a ride, and you took them where they needed to go. Oh, and the time your friend needed to borrow \$20. You were there for them. These are all small examples. I'm sure you all have larger ones too. The point is, we are all being supported pretty much all of the time by people and organizations we know who are there to help. Needing support (or help) is not a big deal. So, when it's your turn to do the asking, don't worry about it. I'm sure whoever you are asking will be glad you did. The people we do good things for always want to find a way to do something nice for us in return. Most of the time they just don't know how unless we let them know what we would appreciate some help with.

It's great to give support. It is also nice to receive it. When you are on the receiving end you are giving someone else a chance to shine at being the giver. Please don't hog all the giving – and learn to appreciate the receiving!

Please consider reaching out to me if you ever need someone to talk to and need emotional support – **that's what I do.** I'm a really good listener (so I have been told) and I am happy to counsel you on things in your life that you could use some support with.

All my best, Donna

Donna Deos, LLC



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BOW GIRLS WIN NHSL STATE CHAMPIONSHIP

Congratulations to the Bow Soccer Club U12 Girls Team on becoming NHSL State Champs in June.



Players kneeling in front row left to right: Ava Alberico, Jaeden Kennedy, Sierra Kuhn, and Morgan Aubrey. Players in back row left to right: Head Coach Ryan Barrieau, Madison Pfister, Zadie Taylor, Piper Price, Elizabeth Proksa, Gwen Barrieau, Anna Zerba, Madeleine Rioux, Cara Van Dyke, and Assistant Coach Mark Zerba. Not shown are Charlotte Lewis and Charlotte Weiss.