Know Your New Environment ~

ECO-MAP EXERCISE

This exercise will take 10-20 minutes. Grab a pencil and find a calm space.

1) In the center square, write YOUR NAME.

2) Think about your typical day or typical week. Where do you go? Who do you interact with? In the outer circles write the names of the people, places or things that are part of your current life (ex: home, school, work, cafe, gym, family, friends, church). Add more circles if needed. Be specific.

3) Draw lines between YOU and each circle. **Solid lines** ______ signify positive relationships. **Dotted lines** - - - signify neutral relationships. **Crisscross lines** (###) signify stressful relationships.

4) Notice the current sources of support and stress in your environment.

5) Jot down ways to strengthen, alter or change the relationships that are currently stressful.