📋 Template: Social support network development planner

1 Identify the important people you currently have in your social networks and how you will keep in touch with them.	
Important people in my life	**Activities to keep in touch**
e.g. partner, parents, siblings, close friends	e.g. Zoom with X once a week; create a family WhatsApp group; meet Y for coffee once a week
2 Identify the gaps in your social support network and how you will fill them.	
Who's missing from my social support network?	**Activities to build my social network**
e.g. friends local to the uni, PhD students in my discipline, people my age	e.g. Join a society; spend time in the common room or canteen; introduce myself to people at …
3 Identify the people in your current social network who have a negative impact on you and consider how you can minimise their influence on you.	
Who causes me problems?	**How I will reduce their negative impact**
e.g. difficult friend, over-demanding relation	e.g. Only meet them occasionally and in a group, explain how busy I am in my PhD studies