Social Support Shorts Episode 5: Support Superpower 3 – The Doer

Hello everyone, this is August. I am back for our fifth episode of Social Support Shorts. We are going to continue to focus on Support Superpowers for the next couple of episodes.

So far, we have reviewed the Listeners, that willing ear that we can lean on, and the Cheerleaders, our pick me up when you are experiencing a challenge, that type of support.

The next support type we'll discuss will be those people in our life who offer instrumental support, that's the official name of it, but we like to call them the Doers. That's their Superpower – they do it.

These are the people in our lives who do not hesitate to show up with a casserole when they notice that we're stressed, or they'll notice that we're overwhelmed, and they'll say: "What can I do to help?"

These are the Doers, and they are absolutely wonderful to have in our life because sometimes we don't have time to pick up groceries.

Sometimes we don't even have enough time to do the laundry or mow the lawn – if there's a neighbour that notices that your lawn is growing a little longer and offers to mow it while they're doing theirs – that's a Doer.

It can also be a person in our life who just sits with the person we're providing care for while we have a shower or takes that person out for coffee while we go and get a haircut. Which would be really funny if you knew me, because I don't have any hair – but maybe I can go for a shave, I don't know.

But yes, I would welcome you to start thinking about who the Doers are in your life. Who are these people who want to physically support you and have demonstrated that they have physically supported you in the past?

Now let's take some time to grab a pen or pencil, our paper, maybe our Social Support Superpowers Worksheet if you've downloaded it from the site that you are listening to this podcast on.

We'll take a few seconds to write down the people in our lives who come to mind when we think about the Doers – the people who take action.

And just as a quick reminder, you can also pause this podcast here if you need some more time, but for now, let's just pause for a few seconds for you to think about and write down the names of your Doers.

Well, welcome back. How did that go? Were you able to think of some names? If you were, that's wonderful. If not, again, maybe through continuing this journey with me, you may discover some resources that you haven't thought of before.

Either way, I really want to thank you again for being here with me, for joining me on this journey, and I will invite you to join me next episode when I will be discussing the last of the four Social Support Superpowers – The Knower.

This is August, signing off this episode of Social Support Shorts.