

# Personal Safety Nets® News

STRENGTHENING YOUR SAFETY NET

## IN THIS ISSUE

[Two Steps to Constructing your Personal Safety Net](#)

[Is having a Personal Safety Net worth it?](#)

[Sneak Peek at May events](#)

## Dear Linda,

Recent statistics report that too many people have either no safety net or one that is too small and inadequate for many personal needs. In our speaking and training presentations we heard others echo the same situation. This issue will help you build and diversify your own personal safety net.

## TWO STEPS TO CONSTRUCTING A SAFETY NET THAT WILL HOLD YOU SECURELY

**April's tip is that to have a personal safety net that will be well-supported and available it's necessary to do two things. First, acknowledge and nurture the people and resources you do have.**

1. Make a list of the people that you've turned to - whether for big things (help with moving) or small (a smile at the bus stop).
2. Appreciate the different gifts.
3. Let them know.
4. See what you can offer in return.
5. Finding ways to laugh and/or celebrate.

Most of us are involved with people on a continuum of closeness and familiarity. **Secondly, see if you can identify areas where more support would be good and diversify. To do this, you can consider inviting:**

1. People who are friends, but not best friends.
2. Those who are not family members.
3. Family members of different generations.
4. Friends of friends and neighbors.

The needs we experience during changes, challenges and shifts can span an enormous range. The more diverse and healthy your safety net, the stronger it will be and the more likely to be effective and efficient when needed. Go slowly in assessing trustworthiness, reliability and good will. Trust your instincts or those of someone you trust deeply. But do intentionally seek out

and recruit and nurture diverse members for your net.

### Q. IS HAVING A PERSONAL SAFETY NET REALLY WORTH IT?

A. Yes, absolutely! Research has shown that, if you do, you'll most likely:

- be happier and healthier.
- recover more quickly after illness or surgery.
- experience less pain.

The 2000 Census showed that one in four households consists of a person living alone. The number of Americans having either no confidants or just one has doubled since 1985, to 43%! Much of the resulting isolation can be minimized through a personal safety net that focuses on health and healthy activities, with a variety of people holding various corners. Strong personal safety nets are not just for adults. Adults can set an example for children that may reverse these isolating trends.

### UPCOMING EVENTS IN MAY

Check our website often to learn where we're speaking. Come join us or think about scheduling **YOUR OWN TRAINING** session. Call Linda in the office for details on how to schedule a personalized training at your work place, organization or for a group of friends, etc.

Here's a quick peek at what we have lined up so far:

**Bring Order to Your Life** A class held once a month at the West Seattle Senior Center, May 21 through October 2008. Open to the public. Registration fee \$40, includes both the book Personal Safety Nets and the workbook that accompanies it. For registration, call the West Seattle Senior Center at 932-4044 and speak with Karen. No one turned away.

**First Place School** May 19th, 9AM-12PM. Training will be provided for the staff and volunteers only.

**CRONE - Women growing older with power, passion and purpose.** May 31st, 12:30-2:30 PM. Members only, call Cathy Robinson at 206-772-7987 or email [39robinson@comcast.net](mailto:39robinson@comcast.net) for more information and how to become a member.

To find out more, visit the events section of our website. [Events](#)  
For scheduling your own event: 206-933-6577 office

### QUICK LINKS

It's easy for people who take care of others to forget to take care of themselves or to find

[Table of Contents](#)

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themselves too stretched to really attend to their own families. Our focus is on strengthening the safety nets of these individuals, and also on providing them with tools to pass onto others with whom they work.

Committed people who help others often take on too much of the burden and can burn out, wear out, and overextend. Some of our best people-gardeners are then lost. These caring individuals really need their own strong, nurtured personal safety systems. Feedback supports our belief in the importance of caring for the caregivers.

Remember, Caregivers need care too.

**Yours,**

Judy and John  
Personal Safety Nets

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