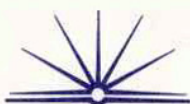


(c) Establishing a ~~personal~~ personal support structure through growing up is a vital factor in one's health. Personal support structures means to have positive people around you to alleviate any feelings of ~~isolation~~ & despair they may have. These people can be your teachers, friends, or family, and if they are not helping, seek professional ~~help~~ help from counsellors or a psychiatrist (when referring to Stress & Coping) By having a supportive environment, people can attain a much better health. When relating to stress and coping; if someone is depressed and is ~~on~~ on the ~~edge~~ verge of suicide, the vital source of stopping it, and controlling ~~the~~ the situation can be to have a positive personal support structure there to help you through the stressful time. Having the supportive network, you can enhance personal skills, by ~~not~~ having a better self esteem, & hold a positive self concept of yourself. Having support when in bad times, ~~it can~~ can make you feel alot better & the support structures



make you see to develop ~~your~~ personal skills within
yourself, you can attain a much better wealth.

Feeling good about yourself is the most important key
to survival. Thinking positive about your life will
enhance your personal skills.