

# 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.

