Weekly Assignment 5: Support Groups for Stress Management

Article: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/support-groups/art-20044655>

Once you have read the article, answer the following questions.

1. What are the different structures of support groups?
2. Name 5 benefits of support groups.
3. Name 5 risks and cons of joining a support group.
4. What would be one question from the list that you would ask before joining and WHY?
5. What are the red flags you should look for before joining?