

Wellbeing Tip of the Week

Reach out for help



It is not always easy to ask for help or to reach out to others in times of need. However, asking for support can help us to put things into perspective and gives us time to explore and process some of our feelings. Having a supportive ear also promotes a sense of belonging during challenging times and reminds us that we are not alone.

Try to find someone you feel comfortable with, who you know can give you the support you need and be honest with them about what's going on for you. As hard as it may seem at first, you'll feel great once it's off your chest.

Remember, people love to help others!