

Talk



- February 6th is ‘**Time to Talk Day**’, encouraging us to check in with a friend, or get together to talk, listen and maybe change someone’s life.
- Is there someone on your mind who you could message or start a conversation with?
- Sometimes talking is easier when you’re doing something together such as going for a walk – side by side rather than staring at each other face to face.
- **Time to Talk** encourages us to ask open questions, to listen and not rush to fix things, Sometimes, just talking is enough. If people aren’t ready to talk, we may need to show some patience and give them space.
- If you need to talk about something in your life, who do you trust who you could reach out to?