

Help



- Asking for help isn't a sign of weakness, it can be a brave step towards solving a problem together.
- Begin by creating a moment of stillness. Sit quietly, with your feet firmly grounded and breathe deeply. Listen to your breathing.
- Think of a current challenge you're facing, or an opportunity where some help would be useful. How is it making you feel?
- What kind of support would be useful? Who could provide it? Think about how it might feel to have their help.
- Why not ask them? Even if they're not able to help you, then you've still taken a positive step forward - and you might receive the support you need!

“Don't be afraid to ask questions. Don't be afraid to ask for help when you need it. I do that every day. Asking for help isn't a sign of weakness, it's a sign of strength. It shows you have the courage to admit when you don't know something, and to learn something new.”

Barack Obama



