

HOW TO ASK FOR HELP

YOUR WELLBEING ACTIVITY

NEIGHBOR CONNECTION

Connect with at least one of your neighbors this week, even if only to casually ask how they are doing.

TIPS FOR WHEN YOU NEED TO ASK FOR HELP

RECOGNIZE

When it comes to asking for help, the earlier the better.

BE CLEAR

What specifically do you need help with?

THE RIGHT PERSON

Seek help from someone who possesses the specific skills needed for the task at hand.

BE HELPFUL

Extend help to others when you see them struggling. Just remember to always get permission first.

Powered by

navigate^o



Gallagher

Insurance | Risk Management | Consulting

This newsletter/poster is provided for general informational purposes only and should not be considered medical advice, diagnosis or treatment recommendations.