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Reaching Out For Help

We all need help from time to time

www.thriving.london



What is **thrive** for you?



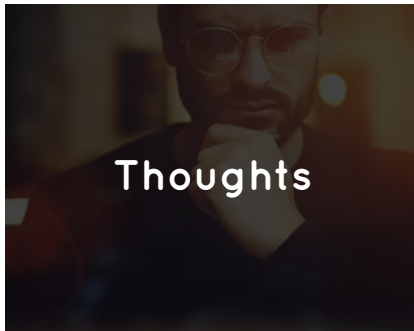


What thoughts would prevent you from reaching out?

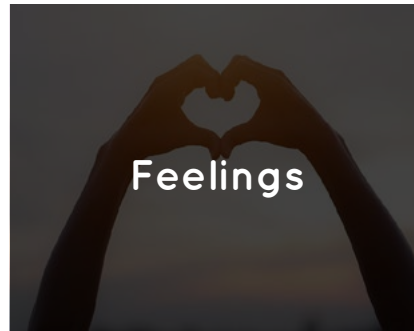
- I'll look stupid, weak, ridiculous.
- I might even lose my job.
- It will embarrass them.
- It will negatively impact my promotion
- They're too busy or don't care.
- They won't know how to react.
- It's too personal.
- I'll feel uncomfortable starting the conversation.
- Not sure who to talk to.
- They will lose respect for me.
- I'm worried I'll get upset.
- It's too personal.
- They won't like me anymore.



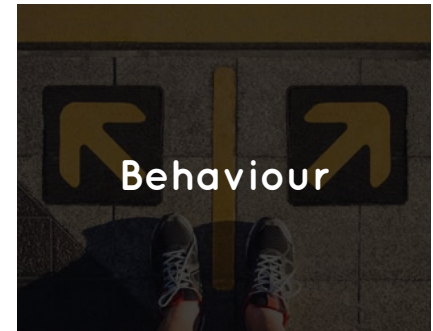
How do you know when to reach out?



What is your thriving threshold value?



What emotions would you feel?



How would you be behaving?



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Making a Plan

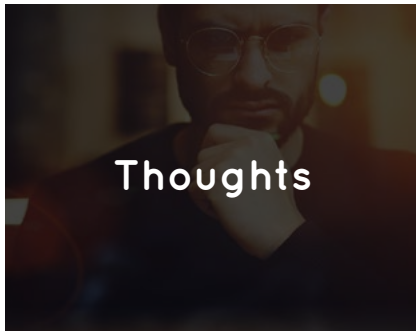
When?

What?

Who?

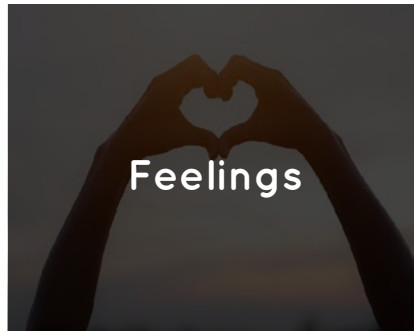


Helpful ways to find the courage to reach out



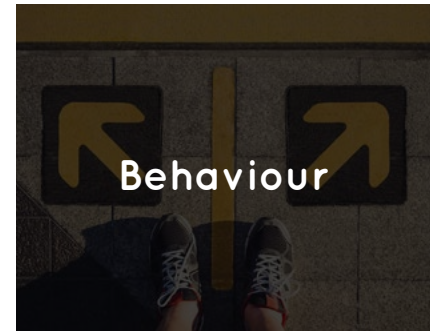
Thoughts

What are the most helpful thoughts for you?



Feelings

What do you need to overcome discomfort?



Behaviour

Who would you approach?

A photograph of a beach at sunset. In the foreground, an orange lifebuoy with white stripes is mounted on a wooden post. The beach is sandy with many footprints. The ocean is visible in the distance with gentle waves. The sky is a clear, bright blue, transitioning to a warm orange glow near the horizon where the sun is setting.

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