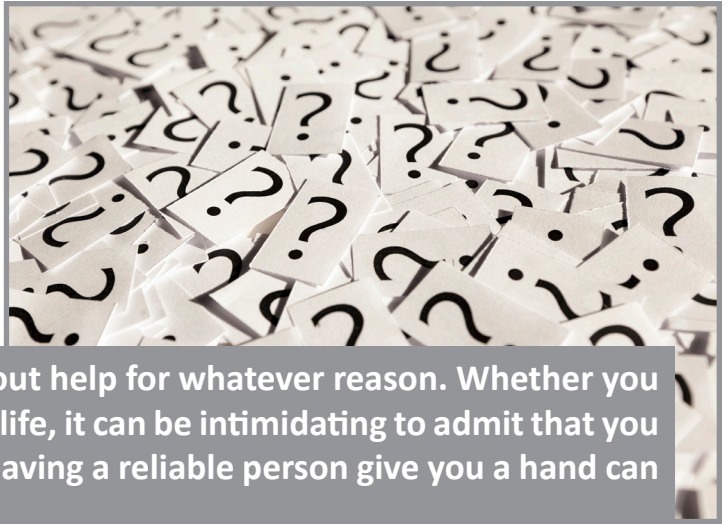


It's ok to ask for help



Sometimes it can be difficult to seek out help for whatever reason. Whether you need help at work or in your personal life, it can be intimidating to admit that you need someone's support. But often, having a reliable person give you a hand can make all the difference.

There are many reasons that people convince themselves not to ask for another's help:

- **Concern for the other person.** It's a fundamental human need to feel needed; not asking for someone's help denies them the chance to give you support and feel altruistic.
- **Feeling embarrassed.** There's no reason you should feel vulnerable because you've asked for someone's help if you've already tried everything yourself. And even if you haven't, people still enjoy the privilege of being able to help someone else.
- **Not trusting other people.** It's especially important to ask for help if you're feeling stressed, overworked, and generally overwhelmed. The more pressure you put on yourself to do things without help, the less effective you will be at getting everything done.
- **Fear of rejection.** As the saying goes, 'what's the worst that could happen?'. If the person you ask for help says 'no', you can approach someone else to help you. Chances are if they don't help, there's a good reason.

Whether you need help in dealing with stress, discomfort, or anxiety, and need to approach a counsellor or therapist, or need help in your day-to-day life and chores, sometimes you just need to ask for it. Here's how:

- **Be respectful of the other person's capacity to help you.** Don't ask for help with chores from

someone who is already too busy to do their own chores; similarly, don't ask for emotional support from someone who is going through tough times. Rather carefully consider who can help you in a meaningful way that won't cause them to experience additional stress helping you. However, always remember that people are willing to help; especially your loved ones.

- **Ask without expecting an answer in your favour.** A request means that you are genuinely hopeful but not expectant; as soon as you expect a positive response, you are making a demand. Shape your request for the person you are speaking to: some people need reciprocation, others simply want to help, others expect a favour in return.
- **Be undemanding in your acceptance of their support.** Allow their opinions and ideas to shape the way you think, feel, and act about the situation with which they are helping you. For instance, if you ask someone to discuss a relationship problem, don't ignore or dismiss their advice. If you're asking for help, be open to their ideas.
- **Lastly, the more generously you give of your help and support,** the more likely you are to find that people will openly give of their time to you.

Ask for help when you need it: you will find your life is made easier and that you can use it as an opportunity to bond with the person who helps you. It's ok to ask for help.