



Ask for Help

Finding the Courage

Goal: Acknowledging when you need help can give you the courage to reach out to family or friends for support. It is okay to ask for help!

[Tip]: Model this behaviour with open communication about big emotions as they arise.

Why is this important? Having the support of others makes life's struggles more bearable. Modeling this behaviour is important for developing lifelong wellness habits.

References: Reblin, M., & Uchino, B. N. (2008). Social and emotional support and its implication for health. *Current opinion in psychiatry*, 21(2), 201–205.

<https://doi.org/10.1097/YCO.0b013e3282f3ad89> Wills, T. A., & Ainette, M. C. (2012). Social networks and social support. In A. Baum, T. A. Revenson, & J. Singer (Eds.), *Handbook of health psychology* (pp. 465–492). Psychology Press.