

Take the time to talk

Talking about what's going on in our day-to-day lives and how we're feeling can help us cope better with life's ups and downs.

This is not only true when it comes to friends and family, but it's just as important with the people we work with.

So why not take 5 mins to check in with those around you today – you never know, taking the time to simply ask 'how are you?' might just make all the difference.

Here's some top tips to help get the conversation started.

Tea & Talk

Sometimes simply offering a cuppa and having a catch-up chat can work wonders whether it's one-on-one or you make it more of an event in your workplace.

Don't just ask once - ask twice

Don't take 'I'm fine' for an answer. Asking 'how are you?' more than once shows you're interested and can help people open up.

Choose specific topics to ask about

Such as 'how's the family?'
Or 'how's your work going?'
It's sometimes easier to start conversations with these questions.

Don't worry about getting it wrong

Or that you'll not know how to help. Just showing an interest is a wonderful first step to take.

Talking is good. So, if you feel that a colleague would benefit from further support, direct them to speak to your employer, their local GP or the Samaritans.



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