

HOW ARE YOU DOING?

WE LOOK AFTER OUR CLUB MATES

It can be difficult for people to ask for help when they're going through tough times. Starting a conversation by asking a clubmate how they're doing can relieve pressure and signal that it's okay to talk about what's going on.

Below are some simple ways to get the conversation started.



"How are you?" Ask twice, maybe "How are you really?"



"Are you sleeping ok at the moment?"



"How are you feeling? Is everything ok with you?"



"On a scale of 1 to 10, 1 being your very lowest, how are you doing?"

TOP TIPS

Pick a place that is quiet to chat.

Make sure you have the time set aside if they do want to talk.

Listen hard to what they're saying, don't interrupt.

Give them your full attention.
Put away your phone and avoid any other distractions.

Let them share as much or as little as they want to.

Try asking open-ended questions such as "How are you feeling?", "What makes you think that?", "Can you describe that a little more?"

Talk about self-care.



Scan the QR Code to access our Mental Health Resources.