

# Finding the help you need

Asking for help can be hard, but there is often more help available than we think at first. Try this quick exercise to explore your options.

- 1. What could you get help with?** Think about all the areas of your life that you could get help with. Don't just focus on the thing that is foremost in your mind and that you need to solve right now; think broadly about all areas of your life. Consider what help you could have around the home, the garden, at work, with your accounts, with the car, with the kids, doing the shopping, etc. At this point, write down everything – don't censor your list (yet).
- 2. Write down everyone who could help you.** Look at your network and think of all the people who could help you with any of the items on the list above. Consider family, friends, professional relationships, or a service you could pay for.
- 3. Where are the gaps?** Who or what do you need to fill these? How important are these gaps? What would need to be different for these gaps to be filled?
- 4.** Now, looking at all these things, **which areas can you start getting help with right now?** Sometimes, asking for help or outsourcing things we hadn't considered yet can relieve pressure on other areas.

## Tips to make asking easier:

**Sanity check** – is it a reasonable ask? Would you say yes, if someone asked you for the same?

**Be ok with a 'no'.** The other person has a right to say 'no' without needing to explain why, or for it to be a big deal. Their right to refuse is what enables you to ask, as you are not forcing them to do it. Remember: a 'no' to this request is not a "don't ever ask me for anything again". It's just a 'no' to this request.

**Pay it forward:** offer help to others when you can. Being someone others can count on makes it easier to ask for help when you need it.

