

# Getting a Pulse



## On Friends & Family



*Stress can come from multiple directions. It's important be mindful of those close to us: family, friends, or even co-workers. Let's cover some subtle ways to get a pulse check on the mental health you care about.*



*Stay engaged by asking follow-up questions- Spend as much time as you want on each question and keep things judgement free. Keep things judgment-free.*



*You don't have to be an expert, listening goes a long way- Ask general questions like "What's on your mind?" and give them space to answer. Even if there is moments of silence, allow them time to process what to say.*



*Stay in touch- Let them know you are there for them. You don't always have to ask "how are you feeling?" it can be as simple as greeting them and saying "I'm here if you need me."*

*Scan the QR Code to talk to a professional today*

