

Friendly Phrases

Learning to Advocate for Yourself and Others



Sometimes, speaking up is hard, especially during moments of high stress or anxiety. The same goes for someone feeling stressed or under pressure; it can often feel easier to retreat instead of trying to help. We will explore using Friendly Phrases as applicable, low-pressure conversation starters.

Instructions

Find some Friendly Phrases to help start conversations in these 3 scenarios. We've given you a few ideas for inspiration.

WHEN YOU'RE GOING THROUGH A HARD TIME AND WANT TO ASK FOR HELP

People want to help, but they can't read your mind. It's important to speak up.

"Hey, do you have a second? If it's okay with you, I'd like to vent."
 "I'm feeling a little overwhelmed. Can I talk about it with you?"
 "Hey, could I get your perspective on something?"
 "I'm having a tough day, can I talk to you?"
 "I'd love to have a chat. Do you have a minute?"

WHEN YOU SEE SOMEONE ELSE GOING THROUGH A HARD TIME

Acknowledge when you see someone struggling and reach out.

"Hey, I'm around if you ever want to talk. No pressure though—just know that I'm here if you need me."
 "Great to see you! How've you been doing?"
 "I'm always happy to talk about anything, anytime."

WHEN SOMEONE TELLS YOU WHAT THEY'RE GOING THROUGH

Validation is key. Being heard is important.

"Gosh, I can't imagine."
 "That sounds like a lot."
 "That makes sense."
 "Thanks for opening up to me!"

Above all, be kind to yourself and others. Reaching out gently and empathetically is an incredible gift that can change someone's day or week around—including your own.

Reflections & Actions

How did this exercise make you feel? Remember, everyone is going through something that you know nothing about; reaching out can make the world of difference.

What random acts of connection and kindness can you turn into a weekly habit?