

ASKING FOR HELP

IS KEY TO SUCCESS

When we have support—from our Family, our fellow Soldiers or our community—we become stronger and more resilient.



Not asking for help can

1

Limit your opportunities, at work and in your personal life.

2

Prevent you from connecting with others.

3

Cost you more time, energy, and effort to get things done.

Train yourself to increase your comfort with asking for help.

1

Start Small—Ask someone to help you find something in a store, or ask for directions.

2

Recognize the Need—Identify areas in your life where you could use some help.

3

Choose the Time Wisely—Schedule a time to meet with someone you can talk to about an issue you need help with.

4

How to Ask—Describe how you've tried to solve the problem, and be clear about what you need and when you need it.

5

Just Do It—People underestimate the chance of a positive response, a “yes” is much more likely than we think.

6

Be Receptive—Make it easy to ask for help by creating a culture of support at work and home. As a leader, make asking for and giving help a regular practice.

If you're a giver but don't ask for help, remember that people want to reciprocate. Asking for help shows that you value and respect the skills and advice of those around you.



For more ways to strengthen your resilience, connect with us at:

@ArmyResilience  