



Do you hesitate to ask for help?

If so, you've got lots of company. Many people think asking for help is a sign of weakness. But here's an inspiring thought from former President Barack Obama: "Don't be afraid to ask for help when you need it. I do that every day."¹

COVID-19 and asking for help

If COVID-19 has reminded us of anything, it's that asking for help is a way to stay connected, to share assets, resources and reassurance. It's a sign of strength to know when you need something.

But it's not just now that asking for help is a sign of strength – it's all the time. When you ask for help, you:

- **Show respect.** It's a way of saying "you have more experience than me" and "I value your opinion."
- **Show your desire to learn.** It shows you want to continue to learn. It shows you're willing to listen to others' ideas.
- **Join the human race.** People didn't get this far by going it alone. We depended on teamwork and group cooperation to overcome obstacles and threats all through history.

Take care of yourself and others around you. This is a good time to listen to experts as well as to come together and share support and ideas. Asking for help gives you more information and makes you a great resource for others, too.

¹Brainyquotes. Accessed April 2020.

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