

## Asking R U OK?

Although Thursday 9th September 2021 marks the official R U OK? Day this year – remember: every day is R U OK? Day. We have the opportunity to check in with someone we know or care about, such as a family member, friend or workmate. Ask, “are you ok?” offer them the invaluable opportunity to share what they’re feeling; offer them a sense of connection and belonging.



## 4 STEPS TO A CONVERSATION THAT COULD CHANGE A LIFE:

### STEP 1. ASK THE QUESTION: ARE YOU OK?

- ▶ Be relaxed, friendly and help them open up by asking open questions like “How are you going?” or “What’s been happening?”
- ▶ Mention specific things that have made you concerned for them, like “You seem less chatty than usual. How are you going?”
- ▶ If they don’t want to talk, don’t criticise them. You could say: “Please call me if you ever want to chat” or “Is there someone else you’d rather talk to?”

### STEP 2. LISTEN WITH AN OPEN MIND

- ▶ Don’t judge their experiences or reactions but acknowledge that things seem tough for them.
- ▶ Encourage them to explain: “How are you feeling about that?” or “How long have you felt that way?”
- ▶ Show that you’ve listened by repeating back what you’ve heard (in your own words) and ask if you have understood them properly.

### STEP 3. ENCOURAGE ACTION by asking

- ▶ “What’s something you can do for yourself right now? Something that’s enjoyable or relaxing?” or “What have you done in the past to manage similar situations?”

- ▶ “How would you like me to support you?”

- ▶ If they’ve been feeling really down for more than two weeks, encourage them to see a health professional. You could say, “It might be useful to link in with someone who can support you. I’m happy to assist you in finding the right person to talk to.”

### STEP 4. CHECK-IN

- ▶ Pop a reminder in your diary to call them in a couple of weeks. If they’re really struggling, follow up with them sooner: “I’ve been thinking of you and wanted to know how you’ve been going since we last chatted.”
- ▶ Ask if they’ve found a better way to manage the situation. If they haven’t done anything, don’t judge them. They might just need someone to listen to them for the moment.
- ▶ Stay in touch and be there for them. Genuine care and concern can make a real difference.

For more information on R U OK? Day please visit [ruok.org.au](http://ruok.org.au)

All through the year we bring people together to help build : **BETTER CONNECTIONS**