

Noticed someone upset, teary or feeling down?

Control the urge to say:

Don't worry. Don't feel upset or Don't cry

INSTEAD ASK

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You seem to be feeling down.

Can we please talk about it?

OR SAY

Something is bothering you... I really want to sit down and listen to you.

*At times, a single question or a single statement with an open heart can change the course a life.*

Take the chance :

To notice, to ask, to listen and to break through that prison of feeling alone and un-understood

Care enough to  
Notice-Ask-Listen

.....

SHARE THIS MESSAGE WITH OTHERS  
YOU NEVER KNOW- YOU MAY SAVE A LIFE

LITTLE THINGS THAT MATTER

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