

Tips for sharing your own feelings

**time to
talk week**

2nd-6th February

mind

Rethink
Mental
Illness.

1

Find a way that feels right for you

This could be a face-to-face conversation, or you might find it easier to talk on the phone or even write down how you feel.

2

Find a suitable time and place

Sometimes it's easier to talk side-by-side, rather than face-to-face. You might want to chat while you are doing something else, like walking or cooking, but don't let the search for the perfect place put you off.

3

Practice what you want to say

You could do this in your head or make some notes. Phrases like "I've not been feeling like myself lately" might provide a starting point.

4

Be honest and open

It can sometimes feel uncomfortable sharing something so personal, but explaining how your feelings are affecting your life may help others to understand.

5

Suggest things they could do to help

This might just be listening and offering emotional support or there may be practical help you need.