



powered by

navigate^o

How to Ask for Help

Asking for help seems to come naturally for some, but for others, it is anything but easy. The need to feel independent is a highly valued virtue, especially in professional settings.

Even so, trying to do it all alone seldom produces the best outcomes. When you are chronically exhausted and overwhelmed, you are unable to deliver your best work, so knowing how to ask for help is vital.

Here are some tips for when you need to ask for help:

Recognize when you need help

Know your limits and manage your energy wisely. When it comes to asking for help, the earlier the better.

Be clear about what you need

When you do ask for help, explain exactly how the other person can help you. What specifically do you need help with?

Ask the right person

Seek help from someone who possesses the specific skills needed for the task at hand. Otherwise, you might end up further behind.

Be helpful in return

Extend help to others when you see them struggling. Just remember to always get permission first. Your help may not be as needed or wanted as you think it is. Jumping in to “fix” other people’s problems for them without their permission can backfire.

To ask for help, you first need to know how to recognize when you need it. This may require you to pay more attention to how you respond in certain situations. How do you respond to stress? How do you know when you have reached your limit? The answers can help you understand when you need help.

Getting comfortable with asking for help can take time, but it can make your life a whole lot easier.

