

The Tools to Talk



**What's one thing you
are proud of?**

**What's one thing you
wish people understood
about you?**

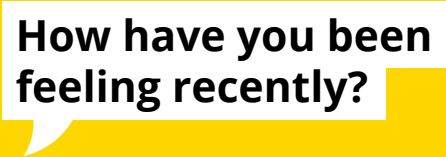


**What's on your
mind right now?**

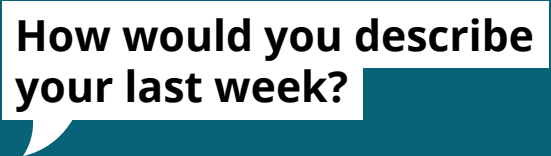
**How do you clear
your mind when
things get busy?**

**What helps you switch
off after a long day?**

**What's one thing
that could make life
easier for you?**



**How have you been
feeling recently?**



**How would you describe
your last week?**

**How would you like
to be supported when
you're struggling?**

**Who do you turn to when
things get tough?**

**What's one thing that helps
you get back on track when
you're stressed?**

**What do you need more of right now?
Think practically and realistically, break
it down into what is manageable.**



**Self-reflection:
How is my energy level?**



**Self-reflection:
How is my focus?**

Self-reflection:
How is my connection
with those around me?



If you need support or advice, reach out to the Electrical Industries Charity
support@electricalcharity.org | 0800 652 1618 | 9am-5pm, Mon-Fri



**Complete the
online form**