

10. Ask the question

Is the candlelight fading?

We see the light dim and note the shadows lengthen as evening rolls in, but when it comes to our mental health and wellbeing, the signs are not so clear. We need to be proactive, to be alert and to be attentive. Potentially, our greatest gift of the season may be our asking the question and knowing we can help with the answer

‘Are you feeling ok?’



It's ok not to feel ok; and it's absolutely ok to ask for help.

**I Am
Here**