

# 5 Simple Steps for Providing Emotional Support

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Emotional health is essential to our overall wellbeing—so it’s important to take care of it. This applies not only to your own emotional health, but also those around you. Many times, we fail to recognize or respond to signs of struggle in co-workers, friends or family.

Simply asking, “How can I help?” can make a difference. Even if they can’t tell you just yet, offering to help shows you care.

### 1. Recognize their pain

You might say, “I see that your energy seems lower than usual. What’s going on?”

### 2. Give them space to tell their story.

Don’t hound them on details. Give them time and let it unravel.

### 3. Acknowledge their pain.

Often, when people are going through challenges, they just want to let it all out, hoping someone will see.

### 4. Ask, “How can I help?”

Even if they can’t tell you just yet, offering to help shows you care.

### 5. Give assurance.

Saying, “I’ll be here if you need to talk,” provides assurance without pressure.



If you need emotional support, the Employee Assistance Program (EAP) provides five free in-person counseling sessions and access to Talkspace, a platform to connect with licensed therapists online.

Learn more at

[bswhealth.com/benefits/wellbeing/emotional#EAP](https://bswhealth.com/benefits/wellbeing/emotional#EAP)