



The importance of asking for help

Asking for help is okay—no one has to face challenges alone

Asking for help reduces stress, enhances learning, and builds stronger connections with others. You can create a more fulfilling and supported life by overcoming barriers, being clear and direct, and recognizing the value of collaboration.

Why asking for help matters:



Promotes personal growth:

Seeking assistance allows you to learn new skills, gain different perspectives, and overcome challenges more effectively.



Enhances mental health:

Asking for help can reduce feelings of stress, anxiety, and isolation by sharing your burden with others.



Improves productivity:

Collaboration often leads to better outcomes, as tasks can be completed more efficiently with shared knowledge and resources.



Builds stronger relationships:

Reaching out for help fosters trust and connection with others, creating a supportive community.

Common barriers to asking for help:



Fear of judgement:

Concerns about appearing weak or incapable can deter people from seeking help.



Pride or ego:

Some may feel that asking for help undermines their independence or self-sufficiency.



Uncertainty:

Not knowing who to ask or how to approach the situation can create hesitation.



Perfectionism:

A desire to do everything perfectly and independently can prevent someone from seeking assistance.



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The importance of asking for help...cont'd

The benefits of asking for help:



Reduces overwhelm:

Delegating tasks or sharing responsibilities can prevent burnout and increase your ability to manage multiple demands.



Encourages learning:

Others may offer new insights or solutions you hadn't considered, broadening your understanding.



Increases efficiency:

Collaborating with others often leads to faster and more effective problem-solving.



Strengthens networks:

By asking for help, you build and reinforce connections that can lead to future support and opportunities.

Overcoming the stigma of asking for help:



Acknowledge the benefits:

Recognize that asking for help is a strength, not a weakness. It demonstrates self-awareness and a commitment to growth.



Practice self-compassion:

Understand that no one can do everything alone, and it's okay to seek support when needed.



Normalize asking for help:

Make it a habit to ask for help in small ways, which can make it easier to seek assistance when bigger challenges arise.



Encourage others:

By being open to helping others, you create an environment where asking for help is accepted and encouraged.



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