

# Health & well-being: Responding to issues

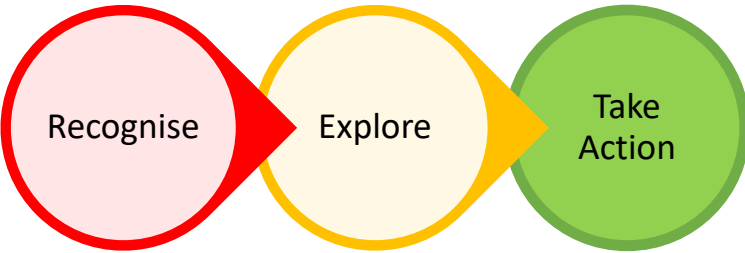
## #MentalHealth

Being able to **recognise** the issues, **exploring** them, and identifying meaningful **actions** at an appropriate time remains at the core of managing our health & well-being effectively.



### Remember the OK's:

- It's ok to not be ok.
- It's ok to talk about it.
- It's ok to ask for help.



## Timing

For those responding to those in distress / struggling it's also ok to just be there & not actively engage

- ▶ Avoid the righting reflex\*

*\* We may want to swoop in right away and try to solve the problem, but this can be taken in wrong way and make the situation worse.*

## Learn:

Take 30 minutes to learn more about recognising and effectively responding when someone is struggling

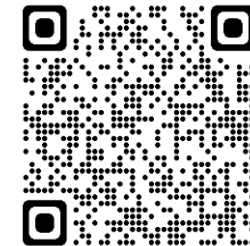
### [Training Link](#)

3 key modules:

- ▶ Gateway intro (10 mins)
- ▶ Full awareness (25 mins)
- ▶ Step up – Isolation (10 mins)



**Listen to understand**



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