



Tips to keep you airborne!



A must read today
September 2021

Last month we got all Swiss cheesy, talking about reducing overwhelm by chunking down, narrowing the focus and making things more manageable (click here if you missed it).

This month's message is plain and simple.

R U OK?

A simple question that's not always easy to ask but good to consider on this national R U OK day.

I got to pose this question to a stranger less than a week ago as I stood on a coastal lookout with some mates (yes, I now have this thing about lookouts. [Click here](#) if you missed last month's post and are curious to know why).

Facing both of my friends, I noticed that their gazes had suddenly shifted to something over my shoulder.

Unbeknownst to me, a woman had ascended the steps and was now bent over the lookout barricade, arms outstretched, head in hands...motionless.

Not the kind of posture to adopt when taking in a wondrous view.

More akin to someone who is troubled, upset... perhaps doing it tough.



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In a nano second, this was the first thought that registered.

Seconds now ticked and my thoughts were more like...She's not moving. I didn't see what came before. I don't know her. Do I say anything? What if I'm wrong?

I followed my gut and did what I know to be right to do in such circumstances.

I approached her, touched her lightly on the shoulder and asked her if she was OK.

She quickly looked up, took out her earbuds, smiled and said Yes, I'm stretching my calf muscles but thank you for asking.

So, I was wrong.

Does it matter?

No.

Did I feel silly?

No...it got a lovely conversation going.

What if I hadn't approached her and my gut feeling was right?

Here's an idea...why not click on <https://www.ruok.org.au/mateship-manual>, download the nifty mateship manual and soak up its nuggets with a cuppa?



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Time well-invested? Yes

A potential gamechanger?
Absolutely!

Till next month, here's to
reaching out...

Caroline

*PS - Whenever you're ready, work
with me directly to see how you,
and/or your team can benefit from
diving deep into all things
AIRBORNE, including recognising
and managing mental health risk.*

*Send an email with "yes, more
information please".*

Spread the word...



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