**Supporting a stressed colleague** - You notice a colleague is visibly stressed. How would you approach them to offer help or support without intruding?

**Problem**:

One of a colleague in our team is under stress,Because of that he couldn't

Concentrate on what he was doing.That affects the team result.

**Solution:**

**Respect their privacy:**

We need to respect their privacy,if they are not comfortable to share, we can’t compel them to share the reason.

**Listen Actively:**

If they choose to open up,actively listen to them, don’t do it for sake.

**Offer Assistance:**

Offer your assistance, If there is anything that you can help them don’t hesitate to do it.

**Invite them to socialize:**

Invite them to any social events or activities which will happen in the office,again it's up to them,if they are not comfortable with it,we should leave them alone.

**Check with them regularly:**

Check with them regularly by messaging them how they are doing.

**Habit: Seek first to understand,then to be understood**