

# CACTUS

## You are a Cactus!

Cacti are a symbol of warmth and protection due to their spikes and the fact that they grow in sunny climates and produce beautiful flowers. They don't need a lot of water to grow and their shallow root systems help them absorb any available water quickly. That being said, these plants need a lot of sun in order to stay healthy and continue growing.

Similar to a cactus, people see you as independent, strong and determined. Those are great qualities but sometimes they might prevent you from asking for help when you need it. Here are some tips to help you get started:

- Who do you feel comfortable talking with? Decide who you trust and can communicate with openly.
- Make sure you find a quiet, calm space for face-to-face conversation.
- Have an idea of what you need help with before you start the conversation. If you're not sure, you could say something like, "I'm having a hard time with \_\_\_\_\_. Can you help me?"
- Make notes of what you want to say and what you're asking for. It will help you stay on track.
- Be sure to thank those who help you.

