

WHEN YOU NEED TO TALK®

BY JINNIE ENGLISH, LCSW

Everyone needs to someone to talk to – it’s what makes us human. Talking with others helps us to stay connected with others, think things through, get rid of stress, and feel less lonely. Some people talk with others often, some talk with others from time to time, and some talk with others only when necessary. In the end, talking with others has GREAT benefits for our mental health and social life and can fit most personalities and comfort zones!

WHEN SHOULD I TALK?

So, let’s ‘talk’ about how to figure out when you need to talk to someone. Look for the signs that indicate you may benefit from talking with someone. We are human and have feelings that range from bliss to isolation – and these feelings are normal. While these feelings are normal, specific feelings that you should pay attention to are loneliness, stress, anger, frustration or bliss **IF** they are intense or seem to linger. When these feelings run high, you are more likely to beat yourself up, feel negatively or lose perspective for an extended period of time. If you find that you still hold these intense feelings, it is a good idea to talk with someone whom you trust to help guide you into a more grounded place.

HOW DO I FIND SOMEONE TO TALK TO?

Now, let’s ‘talk’ about how to find someone to talk to. First, it is usually good to have a friend or two with whom you feel comfortable sharing your thoughts AND who feels comfortable sharing their thoughts with you. If both of you are able to talk with each other, the friendship is beneficial to both of you. If you do not have a friend that you feel comfortable talking with, there are other people you can talk with – you just need to find and ask them to help.

The following are a few people you can begin looking for help: parent, teacher, taekwondo coach, life coach, or counselor. Not only are these individuals more likely to help you through a tough time, they can connect you to others who can help. Sometimes, they can even work with other people so you have more than one person to talk to or call. If you prefer to find someone on your own, you can call International Sport Achievers at 312-382-8710 and we are more than happy to help get you started in your search.

MAKE TALKING A HABIT

It is a good idea to talk about things as they come up instead of holding things inside – good or bad. This helps you to regulate your emotions and people feel more comfortable talking with you since your emotions are less intense and you are in better control of your emotions. Some people are hesitant to talk with someone regularly because they do not want to become a burden or feel they would be looked down upon. This usually does not happen and if it does, it is not the end of the world even though it may feel like it is in the moment.



FOR MORE INFORMATION

Jinnie English is the President and CEO of International & Chicago's High Achievers, a personal and professional development firm for high achievers and their families. International Sport Achievers is their sport psychology brand that provides support and development for athletes, parents, and their clubs. If you need help finding someone to talk to, give us a call. We provide individual and family coaching, teen coaching, executive coaching, psychotherapy, trainings, and counseling. We can be reached at 312-382-8710 or visit our website at www.HighAchiever.net