

how to do a wellness check on a friend

How to Do a Wellness Check on a Friend: A Guide to Showing You Care

Feeling concerned about a friend? It's natural to worry when someone close to you seems down, stressed, or withdrawn. Knowing how to perform a thoughtful and effective wellness check can make a world of difference in their life and strengthen your bond. This comprehensive guide will equip you with the skills and sensitivity needed to reach out and offer support, covering everything from initiating the conversation to knowing when professional help might be necessary. We'll delve into practical tips, helpful strategies, and important considerations to ensure you approach the situation with empathy and respect. Let's learn how to effectively conduct a wellness check on a friend.

1. Recognizing the Signs: When to Reach Out

Before diving into how to perform a wellness check, it's crucial to understand when it's needed. While some changes in behavior are normal, certain signs might indicate a need for concern. These can include:

Changes in mood or behavior: Increased irritability, persistent sadness, noticeable anxiety, significant changes in sleep patterns (insomnia or excessive sleeping), or withdrawal from social activities.

Physical changes: Unexplained weight loss or gain, neglect of personal hygiene, persistent physical complaints without seeking medical attention.

Verbal cues: Expressing feelings of hopelessness, helplessness, worthlessness, or suicidal ideation. Listen carefully to their words; even casual mentions of death or self-harm require attention.

Lifestyle changes: Significant changes in their routines, work performance, or relationships. This could include neglecting responsibilities or exhibiting erratic behavior.

Social isolation: Pulling away from friends, family, and activities they once enjoyed.

It's important to remember that these signs don't always indicate a serious problem, but they warrant a check-in to ensure everything is alright.

2. Initiating the Conversation: Breaking the Ice with Sensitivity

Reaching out can be challenging, but a gentle and caring approach is key. Avoid accusatory language or pressuring your friend. Here's how to start:

Choose the right time and place: Opt for a private setting where they feel comfortable and relaxed. A phone call, video chat, or in-person meeting (if geographically feasible) can work well. Avoid public places or times when they might be rushed or stressed.

Start with casual conversation: Don't immediately jump into heavy topics. Begin with lighthearted conversation to establish a comfortable rapport. Ask about their day, their work, or a shared

interest.

Express your concern gently: Use "I" statements to express your feelings without making them feel blamed. For example, "I've noticed you haven't been yourself lately, and I'm worried about you." or "I've been thinking about you, and I wanted to check in and see how you're doing."

Listen actively and empathetically: Let them lead the conversation. Pay attention to their words, tone of voice, and body language. Show genuine interest and avoid interrupting. Simply listening can be incredibly supportive.

3. Asking the Right Questions: Navigating Sensitive Topics

Once you've established a connection, you can gently probe deeper. Remember to be patient, understanding, and non-judgmental. Ask open-ended questions that encourage them to share their feelings:

"How are you really feeling?" (This avoids a simple "I'm fine" response)

"What's been going on in your life lately?"

"Is there anything I can do to help?"

"Is there anything weighing on your mind?"

"Are you feeling overwhelmed or stressed?"

If they express suicidal thoughts or self-harm tendencies, this requires immediate action. Do not leave them alone. See the section below on seeking professional help.

4. Offering Support and Practical Help

Your role is not to solve their problems, but to offer support and practical assistance. This could include:

Listening without judgment: Simply being present and offering a listening ear can be incredibly powerful.

Offering specific help: "Can I help you with groceries this week?" or "Would you like me to come over and watch a movie?"

Encouraging professional help: Gently suggest seeking professional help if appropriate. This might involve a therapist, counselor, doctor, or other support professional.

Connecting them with resources: Provide information on local support groups, helplines, or online resources.

Spending quality time together: Engaging in activities they enjoy can be a helpful distraction and boost their mood.

5. Knowing When to Seek Professional Help

If your friend expresses suicidal thoughts, self-harm intentions, or exhibits severe symptoms of mental illness, it's crucial to seek professional help immediately. Do not hesitate to contact:

Emergency services: Call 911 or your local emergency number.

Crisis hotlines: Numerous crisis hotlines offer immediate support and resources.

Mental health professionals: Connect them with a therapist, counselor, or psychiatrist.

Their family doctor: Their doctor can provide medical advice and potentially refer them to

specialists.

Conclusion

Performing a wellness check on a friend requires sensitivity, empathy, and a willingness to listen. By following these steps, you can make a meaningful difference in their life. Remember, your support can be invaluable, and even a simple check-in can demonstrate your care and strengthen your friendship. Don't underestimate the power of genuine concern and thoughtful action.

FAQs

1. What if my friend doesn't want to talk about it? Respect their boundaries. Let them know you're there for them if and when they're ready to talk. A simple, "I'm here for you if you need anything" can go a long way.
1. How do I handle a situation where my friend is resistant to getting professional help? You can't force someone to seek help, but you can gently encourage them by sharing information about resources and emphasizing the benefits of professional support. Focus on their strengths and resilience, and let them know you'll support their decisions.
1. What if I'm worried about my friend but we're not particularly close? Even a brief message expressing your concern can make a difference. A simple text or email saying "I've noticed you've been quiet lately and wanted to see if everything is okay" can be a good starting point.
1. Should I tell other people about my friend's struggles? Only share information with others if you have your friend's permission or if their safety is at risk. Maintain confidentiality unless it becomes necessary for their wellbeing.
1. What if I'm struggling with my own mental health while trying to support my friend? Remember to prioritize your own well-being. Seek support from your own network of friends, family, or professionals. Supporting a friend is important, but it's equally crucial to take care of yourself.

creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of The No Asshole Rule and The Asshole Survival Guide "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin Lowry, author of Broke Millennial: Stop Scraping By and Get Your Financial Life Together

how to do a wellness check on a friend: Rematriating Justice Jennifer Brant, Dawn Memee Lavell Harvard, 2024-06-11 In June 2019, the National Inquiry into Missing and Murdered Indigenous Women and Girls released its Final Report titled Reclaiming Power and Place. The report documented 231 "Calls for Justice" demanding immediate action against racialized, sexualized and gender-based violence. The report condemned Canadian society for its inaction and described the violence as "a national tragedy of epic proportion." It has been eight years since the release of Forever Loved: Exposing the Hidden Crisis of Missing and Murdered Indigenous Women and Girls in Canada (2016) and four years since the release of Reclaiming Power and Place and we continue to witness racialized, sexualized and gender-based violence across Turtle Island. This book contributes to these Calls for Justice by demanding accountability and policy change. The book centres the voices of Indigenous women, families and communities by offering essays, testimonies, and reflections that honour collective calls to rematriate justice for our Indigenous sisters.

how to do a wellness check on a friend: The Past Deceit WL Knightly, 2021-05-24 When Detective Silas Warren and CSI Madison Corman uncover evidence of a possible connection between their victims, they are led back to their old friend, Carson Patterson, who never plays nice. As they're diving further down the rabbit hole, the Ghost strikes again, giving them a gift they'll never forget.

how to do a wellness check on a friend: Happy at Any Cost Kirsten Grind, Katherine Sayre, 2023-03-14 From award-winning Wall Street Journal reporters, "a startling portrait of one of our greatest tech visionaries, Zappos CEO Tony Hsieh" (Robert Kolker, author of Hidden Valley Road), reporting on his short life, untimely death, and what that means for our pursuit of happiness. Tony Hsieh—CEO of Zappos, Las Vegas developer, and beloved entrepreneur—was famous for spreading happiness. He lived and breathed this philosophy, instilling an ethos of joy at his company, outlining his vision for a better workplace in his New York Times bestseller Delivering Happiness. He promoted a workplace where bosses treated employees like family members, where stress was replaced by playfulness, and where hierarchies were replaced with equality and collaboration. His outlook shaped how we work today. Hsieh also aspired to build his own utopian cities, pouring millions of dollars into real estate and small businesses, first in downtown Las Vegas, Nevada—where Zappos is headquartered—and then in Park City, Utah. He gave generously to his

employees and close friends, including throwing notorious Zappos parties and organizing gatherings at his home, an Airstream trailer park. When Hsieh died suddenly in late 2022, the news shook the business and tech world. Wall Street Journal reporters Kirsten Grind and Katherine Sayre discovered Hsieh's obsession with happiness masked his darker struggles with addiction, mental health, and loneliness. In the last year of his life, he spiraled out of control, cycling out of rehab and into the waiting arms of friends who enabled his worst behavior, even as he bankrolled them from his billion-dollar fortune. *Happy at Any Cost* sheds light on one of our most creative, yet vulnerable, business leaders. It's about our intense need to find "happiness" at all costs, our misguided worship of entrepreneurs, the stigmas still surrounding mental health, and how the trappings of fame can mask all types of deeper problems. In turn, it reveals how we conceptualize success—and define happiness—in our modern age.

how to do a wellness check on a friend: Once a Giant Gary Myers, 2023-09-12 The inside story of the Super Bowl champion 1986 Giants, the extraordinary friendships that resulted--and stunning revelations about the hardships they faced, based on new interviews with Bill Parcells, Phil Simms, Mark Bavaro, and Bill Belichick. The 1986 New York Giants are legendary. A championship team coached by Bill Parcells and his wunderkind assistant Bill Belichick, featuring future Hall of Famers and All-Pros like Phil Simms, Lawrence Taylor, Mark Bavaro, and Harry Carson. They were dominant on the field and formed a unique and lasting bond off of it. More than thirty years later, it's the friendships that have proved more important--a matter of life and death. In *Once a Giant*, bestselling football writer Gary Myers tells the story of that team and what became of it. Gridiron glory eventually faded; chronic pain, addiction, and in some cases crimes have followed. Many football players face these harsh realities, but the Giants have confronted and survived them together. With unprecedented access, Myers dives into such issues as Mark Bavaro's battle with injuries, the breakup and reconciliation of Parcells and Belichick, and Lawrence Taylor's struggles with sobriety. He creates a never-before-seen portrait of the team's run to the title, and their even more challenging fight to live after it ended.

how to do a wellness check on a friend: In for a Penny Rina Gray, 2022-11-01 Penny Paige is an aspiring novelist and current ne'er-do-well entertainment writer-slash-waitress. She knows she doesn't have this whole thing called life together. But she's got plans. Big plans. And they hinge on winning the coveted Malcolm Dagner Writer Fellowship for up-and-coming thriller authors. If she could just get enough time and money to write her sure-to-be New York Times Bestselling Novel, she can quit her crappy job and transform from a diamond in the rough to a sophisticated author. There's just one problem: Malcolm Dagner ended the fellowship, and he kinda hates humanity. He rudely lets her know that there's no way in hell he would give her a spot, even if he had a fellowship. Just who in the hell does Malcolm Dagner think he is? Malcolm lives in solitude among the mountainous woods in Colorado with only the occasional company of his housekeeper. A few years ago, he was a multi-award winning and best-selling author who penned the iconic Reese Masterson books. But after a series of heartbreaking events, he's grumpy, distrustful, and absolutely will not tolerate strangers coming to learn about how to write in his home. Oh, and he has writer's block. The world has been waiting for three years for the latest book, but what they don't know is that Malcolm plans to kill off his iconic character. Penny discovers his plans to kill his character, and she's not having it. Mother Nature seems to be on her side, too. Stuck in a snowstorm together, Penny falls for the loveable grump, though his heart seems as cold as the winter storm. Can her optimism melt his resolve at living unhappily ever after, or will another event outside of their control destroy their shot at love?

how to do a wellness check on a friend: Fur-ever Friends A Beginner's Handbook for a Lifelong Bond with Your Dog Kai Woolacott, 2023-06-08 *Fur-ever Friends* is an all-encompassing guide designed to help new dog owners navigate the exciting journey of owning a furry companion. From the moment you bring your new dog home to the final years of their life, this book provides you with the knowledge, tools, and resources to ensure a happy and healthy relationship with your four-legged friend. Starting with the basics, this guide walks you through the process of choosing

the right dog for your lifestyle and family dynamic. It explores various factors such as size, breed characteristics, and energy levels to help you make an informed decision. Once you've welcomed your new dog into your home, the book delves into essential topics like preparing your home, purchasing supplies, and making the first day and night a comfortable and stress-free experience for both you and your pup. Practical advice is provided on crate training, house training, and introducing your new dog to family members and other pets, fostering a smooth transition and fostering positive relationships. As a responsible dog owner, you'll also learn about the importance of socialization and how to introduce your dog to new environments, people, and other animals. The book emphasizes the benefits of positive social interactions and offers practical tips for making these experiences positive and rewarding. *Fur-ever Friends* also addresses various real-life situations, including traveling with your dog and dealing with separation anxiety. Whether you're planning a road trip or need guidance on helping your dog cope with your absence, this guide provides valuable insights and strategies. Finally, the book offers guidance on end-of-life decisions, helping you navigate this difficult phase with compassion and understanding. *Fur-ever Friends* is not just a beginner's guide to dog ownership; it's a comprehensive resource that covers every aspect of caring for and nurturing a dog throughout their life. With its practical advice, expert insights, and love for dogs, this book empowers you to provide the best care and build a deep and meaningful bond with your furry friend.

how to do a wellness check on a friend: *Someone Changed Her Mind* Fran Gale, 2022-07-14 When a mother discovers her daughter's car abandoned in the driveway, a struggle is triggered between the mother and a shadow community determined to separate the daughter from her family. Mother and daughter embark on separate, but parallel, journeys of uncertainty, mystery, pain, and mistrust. Readers will follow the mother's struggle to reach her daughter, while finding few answers from the legal, mental health, and faith communities. As accusations abound and perpetrators are insinuated, one wonders, in the end, who are the real victims?

how to do a wellness check on a friend: *Denver Demon* Donovan Edwards, 2013-07-31 David Arbor a gay man living in rural Wyoming is drawn back to the life he had left behind when a serial killer murdering gay men in the Denver area has claimed the lives of several of his close friends. Having some schooling in criminology and psychology David decides he must head to Denver to help find this crazed killer before anymore of his friends turn up dead. It isn't long before David's need for love, answers, and sense of purpose leads him into a dark world of sex, lies, death, and the supernatural.

how to do a wellness check on a friend: *Tennessee Takedown* Lena Diaz, 2014-02-01 A SWAT officer in small-town Tennessee will do anything to protect the innocent beauty whose life has been put on the line in Lena Diaz's *Tennessee Takedown*. It can't be a coincidence that in the past twenty-four hours, three different thugs have tried to kill or abduct Ashley Parrish. Sexy SWAT team leader Dillon Gray saved her, but now he wonders why someone would want to murder the beautiful accountant...and why he finds her so infuriatingly attractive. Then the FBI comes after Ashley for embezzlement, and Dillon knows he must protect her from a killer and prove she's being framed. Taking her on a hair-raising run through dangerous terrain barely fazes him. But wanting her for more than just one night scares the hell out of him.

how to do a wellness check on a friend: *The Her Campus Guide to College Life, Updated and Expanded Edition* Stephanie Kaplan Lewis, Annie Chandler Wang, Windsor Hanger Western, 2019-04-16 Every young woman's essential guide to tackling all of the challenges of college—from stress to debt to scholarships—in a completely updated new edition: "Some things are common sense but some things aren't—especially when it comes to navigating a college campus in a way that's fun, independent, and totally safe" (Today.com). Get ready for the best years of your life! From the experts behind *Her Campus*, this completely updated college guide is bursting with insider tips to help you navigate classes, relationships, and all your extracurriculars—including parties and Greek life, of course. Whether you're just starting freshman year or a seasoned pro as an upperclassman, you'll learn tips and tricks for how to survive: —Bonding with your roommate—while setting ground

rules for your new space at the same time —Beating the dreaded Freshman 15 without having to give up dessert —Snagging a date with the cutie from class —Coping with stress and anxiety—even during the insanity of finals week! —Navigating student loans and finding the best financial aid, scholarships, and post-graduate loan forgiveness programs —Scoring awesome jobs and internships and transitioning into post-collegiate life —Staying safe on campus so you can enjoy all college has to offer—without horror stories Complete with fun checklists and helpful worksheets, *The Her Campus Guide to College Life, Updated and Expanded Edition* shows you how to make the most out of your undergrad experience—in and outside the classroom.

how to do a wellness check on a friend: *Angie Gregory* Lois Breedlove, 2023-10-17 This is the complete trilogy of Angie Gregory's story, titles included are: *What She Wrote*, *What She Wrote Next*, and *All Kinds of Love*. Sometimes You Get a Second Chance Angie Gregory teaches multiple sections of Writing 101 to freshmen. Semester after semester. Year after year. It isn't the life she'd dreamed she would have. What got her through all the grading, the lack of money, and the sheer loneliness, is girls' night out on Fridays with her friends. Then the man who had broken her heart staggered into the bar, and back into her life. He needed her. His sons needed her. Did she have the courage to say yes? And was saying yes, even the right thing to do? This a complete trilogy featuring Angie Gregory in the romantic suspense series set in a small college town in Idaho. Four women friends have each other's backs, no matter what life throws at them. In this slow-burn, contemporary western romance series, each woman gets her HEAs, but oh, the convoluted path love can take to get there! (Be prepared for language, triggers, and politics.)

how to do a wellness check on a friend: *Proof of Life Volume 2* Jack Sparacino, 2023-08-10 The author of this book took a very deep breath after writing hundreds of articles and several books over many years. It requires only a modest leap of faith by the reader. Specifically, one needs to go far beyond the narrow, legal definition of proof of life. While crucially important, it usually only provides some evidence that the person in question is still alive. In this book, I chose to go well beyond this definition and consider lives that are lead with life itself. We're talking about people who don't simply go through the motions and pay their bills. They pour their hearts, adrenaline, imagination, and a search for excitement on the table. So, dear reader, are you alive or really alive?

how to do a wellness check on a friend: *Hot (Sweaty) Mamas* Laurie Kocanda, Kara Thom, 2011-03-29 Authors, moms, and fitness enthusiasts Thom and Kocanda work to balance motherhood and fitness. It was from their conversations that the idea for *Hot (Sweaty) Mamas* was born. Moms who find it difficult to start or stick with an exercise program will learn how to reframe their thinking.

how to do a wellness check on a friend: *Give up the Ghost* Jane Hinchey, 2020-05-31 Never in my almost thirty years did I think my new normal would be talking to ghosts, yet here we are. After inheriting a PI business, I find my clients are more incorporeal than not and are relying on me to solve their untimely deaths. Unfortunately, being a magnet for ghosts has its downside. Hello? Lack of privacy, for starters. Not to mention looking like a looney tune for holding animated conversations with myself. But the biggest problem? Their killers don't want me on the case. Now I have a new mystery to solve. Local psychic Myra Hansen woke up dead, and she's none too happy about it. Seems she didn't see that one coming! Together with my ghostly best friend, a talking cat, and Captain Cowboy Hot Pants—or, as he likes to be called, Detective Kade Galloway—I'm in yet another race against time. Catch a killer before the killer catches me. Join Audrey Fitzgerald in the *Ghost Detective* series, a paranormal cozy mystery featuring a talking cat, a ghost, and a murder to solve.

how to do a wellness check on a friend: *Healed* Darie McCoy, 2023-04-12 Brody Parata has spent the last decade imprisoned in his shifted form. An event in his former life as a soldier drove him to retreat into his bear form. He had no hopes of living any other way than within his bear. That is until a curvy little veterinarian makes it her mission to help his new niece, with the special gift, to mend the part of him that's broken. Now, he's been thrust back into the shifter and human worlds, but the trauma that drove him inside his bear hasn't gone away. Portia Applewhite lived her life

among humans running her veterinary practice. So, she doesn't know why she was compelled to pack up her life and follow her best friend to live among the shifters of the Central Valley Pack. What she does know is that big brooding bear with the sad eyes needs her help. Life as they both know it changes when Portia combines her knowledge with her friend's gift to free Brody. A spark, neither can deny, consumes them and they discover their destiny as mates. However, accepting their fate is the easy part. Brody's past haunts them. It's a roadblock they'll need to remove to secure their future. Will Portia and Brody solve the mystery surrounding the mission that scarred him? Can learning the truth allow him to truly break free of his chains and finally be healed?

how to do a wellness check on a friend: Overcoming Statistics to Become Victorious

Carla Dames-Wiggins, 2023-05-23 The book is about overcoming statistics that the world and people label you, according to where you live, your past, and the people you hang with. The author wants people to know that you make your own destiny with God's help, and you can become victorious over your past mistakes or labels people have placed on you.

how to do a wellness check on a friend: Wonder Boy Angel Au-Yeung, David Jeans,

2023-04-25 A Financial Times best business book of 2023 In 1998, at the age of 24, Tony Hsieh sold his first company to Microsoft for \$265 million. In 2009, at the age of 35, he sold his e-commerce company, Zappos, to Amazon for \$1.2 billion. In 2020, at the age of 46, he died. Tony Hsieh revolutionized both the tech world and corporate culture. He was a business visionary. He was also a man in search of happiness. So why did it all go so wrong? Tony Hsieh's first successful venture was in middle school, selling personalized buttons. At Harvard, he made a profit compiling and selling study guides. From there, he went on to build the billion-dollar online shoe empire of Zappos. The secret to his success? Making his employees happy. At its peak, Zappos's employee-friendly culture was so famous across the tech industry that it inspired copycats and earned a cult following. Then Hsieh moved the Zappos headquarters to Las Vegas, where he personally funded a nine-figure campaign to revitalize the city's historic downtown area. But as Hsieh fell deeper into his struggles with mental health and drug addiction, the people making up his inner circle began changing from friends to enablers. Drawing on hundreds of interviews with a wide range of people whose lives Hsieh touched, journalists Angel Au-Yeung and David Jeans craft a rich portrait of a man who was plagued by his eternal search for happiness and ultimately succumbed to his own demons.

how to do a wellness check on a friend: A Wellness Way of Life Gwen Robbins, Debbie

Powers, Sharon Burgess, 2002

how to do a wellness check on a friend: The Promise L.M. Payson, 2024-10-22 ~Jacquie~

All my life I wanted one thing, and one thing only...to be loved by someone I love. I didn't have the love a child should have growing up. My parents only cared about themselves. The only person I could count on is my cousin. My life has been hell. I thought I was in love, but I was fooled by a narcissist. Constantly looking over my shoulder and wondering when he will find me again. Then I'm introduced to him... Chance Carter. He wants to protect me. He wants to take care of me. The only problem, I'm scared to let him in. I'm scared he is going to do the same thing my ex did. Can I get my happily ever after? ~Chance~ After losing my love, my life has been a nightmare. I find myself waking up in a sweat most nights. I didn't think I could have feelings for another woman. But then my best friend asks me to do something I would never do for just anyone. I make a promise to him. Will she give me a chance? Will I lose her before I get a chance of having her?

how to do a wellness check on a friend: Emma's Return Linda Leigh, 2022-05-23 Emma

begins her journey after eighteen months of sleeping her days away, watching TV, and minimally participating in her life. As she begins to take steps to start over after the death of her parents, the end of her thirty-year marriage, and the abrupt end of her career, she finds she was not paying attention to her life. Someone has stolen her identity and over a half a million dollars and must figure out if someone close to her is the thief or possibly trying to end her life. With the assistance of investigative agent Harry Duncan, a home renovation, and Emma's love language of food and family, Emma navigates her way through the perils of identifying her nemesis and finding her way forward for herself and her future.

how to do a wellness check on a friend: Westcott Bay: Books 4-7 Amelia Addler,

2023-03-13 Part two of the beloved series continues with *Saltwater Crossing* It's never too late for a fresh start...especially on San Juan Island... Tiffany Clifton knew that quitting her big city job and taking on small town life would be an adjustment. She was even prepared to work for her sister and confront just how far off-course her life had gone. What she was not at all ready for was having to verbally spar with a grumpy and ridiculously handsome developer Sidney on a regular basis. Sidney Burke learned the hard way that romance isn't for him. So, he'd like nothing more than to avoid the lovely Tiffany. But if he wants to do business with her sister, that's not an option. He'll just have to somehow stay focused and ignore his inconvenient attraction to the woman who could so easily break down all the walls around his heart. If Tiffany and Sidney want to take a shot at love, they have much to overcome...including the inconvenient secret that Tiffany's keeping. Will their foundation be strong enough to survive the trouble ahead—or will their happily ever after slip through the cracks? Between this new romance and the murder trial for Morgan's mom, things only get more exciting in the fourth installment of the Westcott Bay series. Get the final four books in the Westcott Bay series and start reading now!

how to do a wellness check on a friend: Those We Do Not See Angie Gallion, 2024-06-11

Britany Adams begins a rapid downward spiral after she's involved in an accident that results in a fatality. Within weeks, she loses her home, her job, and her dignity. Struggling with guilt and living on the streets, she is plunged into a gritty world filled with danger and despair. While investigating the crash, Officer Cliff Rathborn never dreams that he will be the last person to speak to Britany before a missing person report is filed. While assisting in the search for Britany, Cliff realizes he has not dealt with his own mother's disappearance when he was a child. He begins to reconcile with the fact that he may never know what happened to his mother. To discover Britany's whereabouts, Cliff needs to enter the shadows and look into the faces of those that most people refuse to see, while Britany must survive long enough to be found.

how to do a wellness check on a friend: Build Your Village Florence Ann Romano,

2023-02-21 In this easy-to-read self-help manual sprinkled with relatable stories, Florence Ann Romano introduces the six roles commonly found in villages and provides a roadmap to help the reader build their own support systems. Everyone has heard the phrase, "It takes a village," but how exactly do we find our village? Who is in it and what does it look like? Rethinking the relationships in your life, you may realize that even if you have a calendar filled with social plans, you still might not have your "village." In *Build Your Village*, philanthropist and businesswoman Florence Ann Romano answers these questions and more, helping you to build lasting relationships with those in your life, dispel isolation, and improve your overall happiness and health. Each chapter helps you to foster the villager qualities within yourself and to find others who display these qualities. From identifying the six types of villagers needed to complete a fully functional village to what to do when you've lost your community, this book serves as a step-by-step guide complete with quizzes, gut-check questions, and action steps as you learn the importance of support systems as well as how to nurture them and find meaningful connections. Your village is waiting. Now it's time to go and find it.

how to do a wellness check on a friend: Here You Come Again: A Second Chance

Romance Wendy Dalrymple, 2022-02-24 After a secret battle with breast cancer, Lissa Tanner is finally starting to feel like her old self again. She was born in Pigeon Forge, TN, and grew up idolizing Dolly Parton, eventually using her music and spirit as a muse for her recovery. She's got a new look and a bright future and is even feeling bold enough to approach Javier, the much younger orderly she saw every day in the hospital when she was sick. He would smile and wave but they never really spoke... until now. Javier is a single dad struggling to make ends meet with little time for anything but work. His job as an oncology nurse at Jackson Memorial Hospital in downtown Miami pays well, but between old debts, student loans, and child support, he's struggling. He's also not looking as fit as he used to back when he played high school football, so Javier doesn't have a lot of confidence when it comes to women. When Lissa and Javier accidentally switch coffees at the cafe outside the hospital gym, sparks fly instantly. But Javier doesn't recognize the sick patient that he

used to wave to from afar, and she is afraid to tell him who she really is. When Javier joins Lissa's gym, they forge an unlikely friendship, but as every day passes and they get to know each other a little more, it gets harder and harder for Lissa to tell him the truth. If Lissa can't find a way to open up to Javier before he has to make a life-changing decision, they might both miss out on a second chance at love. Here You Come Again is a Hallmark-style sweet romance. This second chance romance is perfect for your next beach read or book club pick!

how to do a wellness check on a friend: Our Best Friends: Beagle, The Karen Schweitzer, 2010 In this day and age, children and young adults need every advantage they can get from their education. At Eldorado Ink, we strive to establish our company as an exciting resource for nonfiction reference materials for sixth grade and beyond.

how to do a wellness check on a friend: 400 Friends and No One to Call Val Walker, 2020-03-26 A friendly, candid, and sensible guide for seeking comfort during isolating times when you have no one to count on.

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Descend into Lunacy with the third book of the Moonlight in Glenwood series by creative duo Aynsley J. Fraser and Lita Hunt. After the upheaval of the last few months, Evie and Laika try to settle back into their regular lives. However, new jobs, new relationships, and a growing need for better gear make finding a comfortable pattern impossible. Toss in going back to school, and the Night Claw pack is at its breaking point. When a spree of maulings rips a bloody path across Los Angeles and Glenwood, there are no suspects in sight and too many victims for just one werewolf. Poised for a chance to really break into the big leagues of moonlighting, Evie and Laika are on the case. However, as people around them start disappearing, this spree might get personal. Can Evie and Laika find the source of the maulings before they lose their minds? --- Lunacy is an action-packed adventure, following two strong heroines and their diverse group of friends in the supernatural world of Glenwood.

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