

Ok so it's 2022, and
texting / Snapchattng
are basically the only
forms of communication.
Every so often, though...

... you have
to make the
dreaded
Phone Call.



flow

FLOW
LIFE
SKILLZ

Maybe you need
to make an appointment.

Maybe your mom
says you hafta
call your
grandma.

Whatever it
is, making
a phone call
can feel
SUPER
stressful.

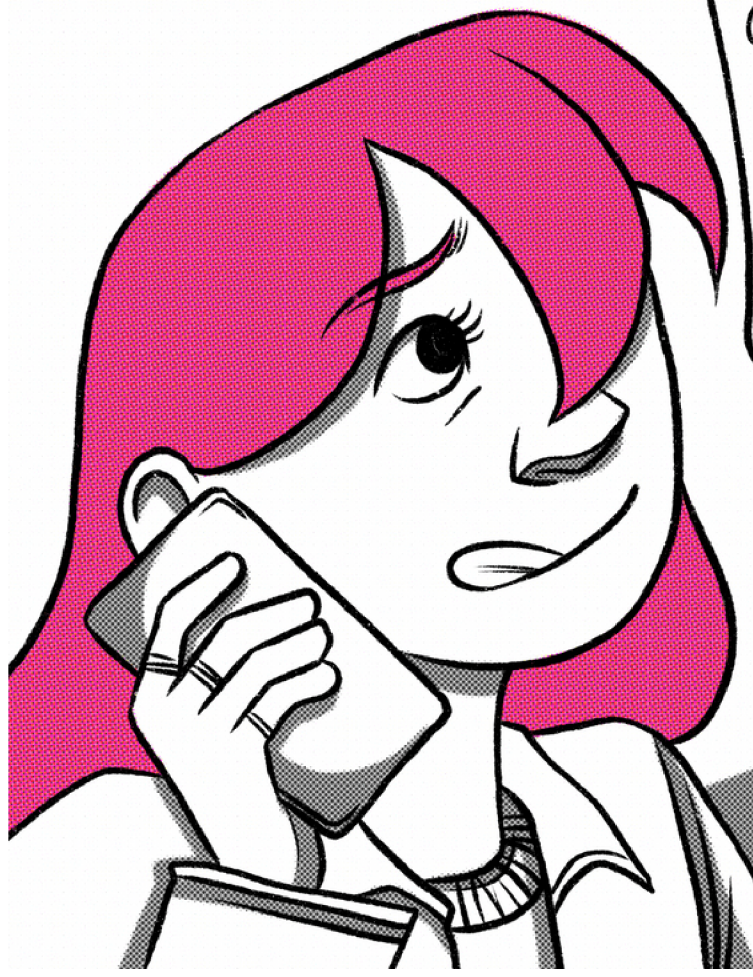


If you feel anxious about a call, first make sure you have all the time you need before dialing.

Then, let yourself take a few deep breaths. You're just talking to a person! It'll be ok even if you feel nervous, promise!



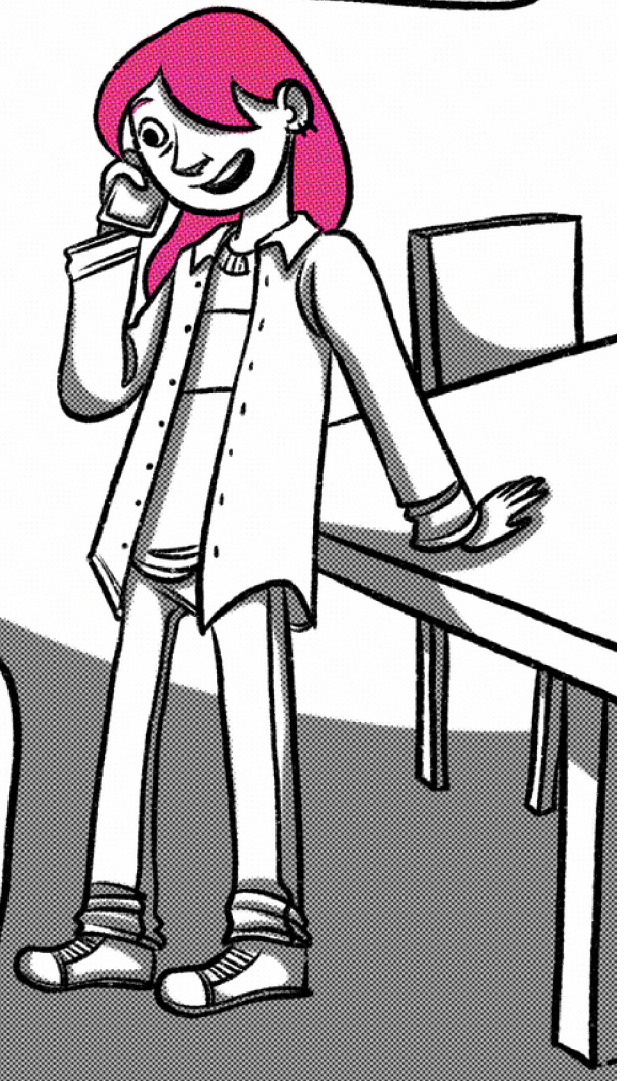
Finally, you've done it. You've hit "call". Now, it's ringing. Oh geez. It's ringing! What do I say if someone answers??



Well, depends on who you're callin!
Think of it this way...

If you're calling
someone like
grandma, you
can lead with
a simple hello.
"Hey, it's Maggy!"

If you're calling
somewhere more
unfamiliar, it's best
to lead with a hello,
your name, & why
you're calling. Easy!



"But Maggie, what if they don't answer?"
Yeah, yeah. I know. That's an easy one
too, I swear!



Pretty much either way you
wanna again say hey, who you
are, why you called, and how to call
you back.



Here's an example:
"Hey grandma, it's
Maggie! I was just
calling to say hi.
You can call back
on my phone, or
mom's works too.
Ok love you, bye!"
Easy peasy!

Making phone calls can be super stressy, but if you stick to your basic script at the beginning you should be a-ok!

