

# Train of thought



He seems distracted.

She hasn't replied to any of my emails.



I'll have a quiet word with them when we're on a break and ask 'Are you OK?'



## Rail R U OK?Day | 30 April 2020



# Train of thought



It's not like them to shout.



He doesn't seem to be taking care of himself.



I'll text an invite to meet after work and ask 'Are you OK?'

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# Train of thought



I wonder how they're doing?



I haven't seen him for a few days.



I'll invite her for a cuppa  
and ask 'Are you OK?'

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# Train of thought



I've noticed she seems under the weather.

He hasn't returned any of my texts.



I'll have a quiet word with them at lunch and ask 'Are you OK?'



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