

## When helping yourself or others remember: T.A.K.E C.A.R.E!

### Talk

It is important to talk about what is happening for you. Consider those around you and your own needs and ensure you have enough time to talk about your concerns. Sharing emotions and talking about stressful events can be difficult so it is important to ensure you feel safe to speak with trusted people.

### Ask for help

Grief, loss and stress can often make you feel like you want to isolate from others. If you or someone you know is struggling, remember you can seek further support within your community. Speak with your GP, family / friends, or other health professional. Remember help is available for you and for those around you.

### Keep it simple

Remember helping yourself and others does not have to be complicated. Sometimes the best way you can support yourself (and someone else) is to continue with your usual routine where possible. This might include sharing a meal and attending your normal activities with others each week.

### Engage in self-care

Sometimes when we are looking out for others, we forget to look after ourselves. **Be aware of your own health and take time to do the things you enjoy!** Implement strategies to support your wellbeing and encourage those around you to do the same. Don't forget to do what you can to maintain regular exercise, a balanced diet and regular sleep patterns.

Remember you can help others better when you help yourself first.

### Choose your news



News and social media can sometimes be confronting and upsetting, especially around anniversary dates relating to traumatic events. You may need to restrict your exposure to media platforms if some of the content is becoming distressing to you or a person close to you or focus on recovery messages during this time.

### Actively listen

Allow the person to talk about what they are going through if they want to. Remember that it is ok to just listen to what they have to say. You do not need to respond with lots of questions or feel you need to have the answers. Sometimes people have difficulty expressing themselves and need time to verbalise their thoughts. Sometimes too many questions can make someone feel overwhelmed or misunderstood. Be patient and be present.

### Respond sensitively

People will process grief, loss or stress in different ways. You might want to share your experience and hear other experiences from those around you. However, it is important to recognise that others may not be ready to do this. Remember that some people may still be distressed by the event everyone had different triggers. So, whilst being mindful about our own feelings and triggers, remain sensitive to the signals and needs of others.

### Encourage social connection

When a person is stressed or struggling, they may reduce their social activities. Social connections are important to help us feel loved, understood and part of the greater community. If you recognise you or someone you know is withdrawing from social interaction, encourage regular contact with others. You could invite someone for a coffee or go for a walk. Remember, a laugh is always bigger when we share it with others!