

## When helping yourself or others remember to:



### 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 find trusted people that are safe to talk to..

### 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 when it relates to a natural disaster or traumatic events. It can help to restrict your exposure to media platforms if some of the content is distressing to you or a loved one. Try to focus on news that provides messages of recovery.

### Actively listen

When someone needs to talk, let the person talk. It is ok to just listen to what they have to say without asking lots of questions or feeling that you need to have the answers or “make it better”. Sometimes people find it hard to express themselves and need time to verbalise their thoughts. Too many questions can make someone feel overwhelmed or misunderstood so try to be patient and present.

### Respond sensitively

People will process grief, loss or stress in different ways. You might be ready to share your experience and hear other experiences, but some people might not. They may still be distressed by the event and have different triggers. Try to be mindful of your own feelings and triggers, and to other people's signals and needs.

### Encourage social connection

It is easy to slip into reducing social activities when you are stressed or struggling. However, social connections help us feel loved, understood and part of the greater community. If you recognise you or someone else is withdrawing, you could invite them for a coffee or to go for a walk. Remember, a laugh is always bigger when we share it with others!