



HOW TO SUPPORT ONE ANOTHER

1. Listen for the response 'I'm fine!'
2. Look out for non-verbal communication: tone of voice, behaviours, and posture.
3. If you're concerned about a colleague, ask them how they are **feeling**.
4. Listen to the responses without interruption.
5. Avoid comparing their experiences to your own.
6. Allow an open posture when they are talking with you.
7. If emotions are shown realize that this is not about you.
8. You don't need to fix them; they just need to be heard.
9. It's ok to ask them if they need a hug at the end of talking.
10. If they need more support to deal with loss, please tell them that there is a grief support person that they can contact.

Realize what is in your control:

1. What are the things in your life you can control in the current situation, scenario, area of worry, or relationship? Make a list of them along one side of the paper.
2. Next write on the other side of the paper all the things that you cannot control in the current situation, scenario, area of worry, or relationship.
3. Think of ways that you can shift those things that you can control and discover an alternate way to accept those things that you cannot control.

Daily Gratitude: Too many times we focus on the negative in our lives. By bringing in more gratitude we can all have space for joy and happiness to occur.

- **Where can you Feel grateful and appreciation in your life:** past, present, or future experiences?
- **Where can you feel appreciation for yourself:** your personality, qualities, actions, beliefs behaviours and anything else related to yourself?
- **Where can you feel appreciation for your present moment:** what can you see, hear, smell, touch, and taste?

Talk to Carleen to learn helpful resilience skills to further be able to support yourself or others.



HOW TO SUPPORT ONE ANOTHER

Carleen Ross
All That I AM



www.CarleenRoss.com
780-860-9664
RossCarleen@gmail.com