



SUPPORTING OURSELVES & OTHERS

Attunement to other people is an important way we can support each other

WE CAN USE ATTUNEMENT PRINCIPLES TO RESPOND TO HEIGHTENED EMOTIONS

EMPHASISE THE IMPORTANCE OF BEING POSITIVE WITH EACH OTHER

Young people can be a great source of help to each other, and they often turn to friends for support before talking to an adult.

Remember that behaviour is always telling us something.

RESPOND TO THE HIDDEN NEED RATHER THAN TO THE BEHAVIOUR YOU SEE

WHAT CAN WE DO FOR OURSELVES?

WHAT CAN WE DO FOR OTHERS?

TRY TO UNDERSTAND YOUR STRESSORS

- Think about what flips your lid.
- This LLTTF resource can help you to do this.

MODEL RESPECTFUL WAYS OF DEALING WITH CHALLENGING CIRCUMSTANCES

- Offer choice & control
- Guided visualisations can help us to feel in control in a stressful situation

TRY THIS:

Loving Kindness meditation
(Sarah Philp)

LOOK FOR SUPPORTERS TO HELP YOU PLAN

- Think about how you can use some of the regulating strategies to keep yourself from entering survival mode.
- This LLTTF resource can help to structure your plan.

USE THE ATTUNEMENT PRINCIPLES TO CALM YOURSELF & OTHERS

- Be attentive
- Give eye contact
- Use a warm expression & a soothing voice



"WE ARE NOT ALL IN THE SAME BOAT. WE ARE ALL IN THE SAME STORM. SOME ARE ON SUPER-YACHTS. SOME JUST HAVE ONE OAR."

Damien Barr

FIND OUT MORE

- Nurturing wellbeing to build back better: All Behaviour is Communication. (RNRA)
- Looking after each other and ourselves (Anna Freud Centre)
- Heather Geddes' Learning Triangles (via Ed Psych Insight)
- Beacon house 'What we say'
- Brene Brown's video on empathy vs sympathy
- Contact your Educational Psychologist for more information about developing your understanding and skill in using attunement principles through Video Enhanced Reflective Practice (VERP) groups.