

Skills for Recovery

Young People

Week 5...Responding

SUPPORTING OURSELVES & OTHERS

WHAT DO I NEED TO KNOW THIS WEEK?



Empathy is our ability to think about a situation from another point of view...



We can feel empathy & can offer compassion even when we don't get on with or even know the other person.



...There is a way back after this happens. Every day is a new start.

Although we have all felt the impact of Covid-19, we will not all have experienced this in the same way.



...This can help us to understand people's feelings better & help us to offer support.

"That sounds really hard"

"I'M SORRY THAT YOU'RE FEELING LIKE THIS"

Sometimes you might lose your temper or say or do things you regret....

KNOW WHERE TO FIND HELP

- Key school staff
- Living Life to the Full
- Panic Button
- Childline
- The Mix
- Mind

WHAT CAN I TRY STRAIGHT AWAY?

'Soak in a positive moment'
(Dr Karen Treisman)