



# Skills for Recovery

 **Renfrewshire**  
 **Attainment**  
 **Challenge**

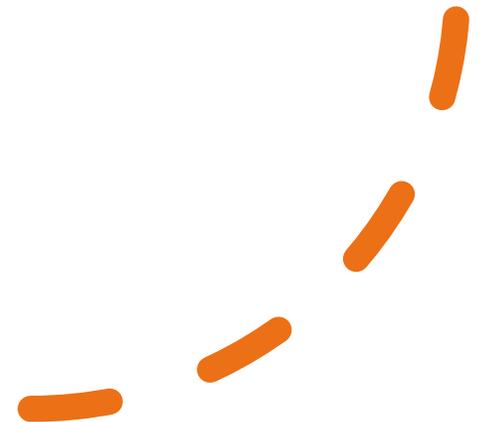
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Literacy, Numeracy, Health & Wellbeing



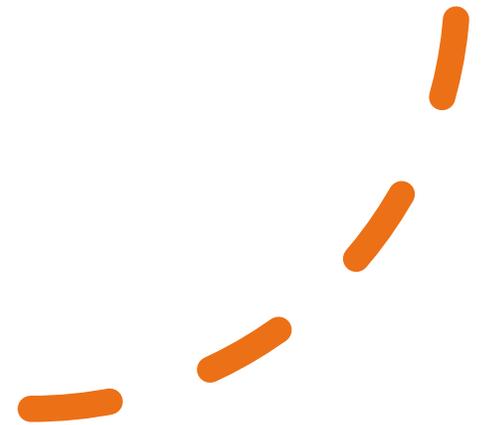
Week 5

# Supporting ourselves and others - *Responding*



# What you need to know

- Empathy is our ability to think about a situation from another point of view. This can help us to understand people's experiences and feelings better and help us to offer support.
- We can feel empathy and can offer compassion even when we don't get on with or even know the other person.





What you  
need to  
know

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

*“We are not all in the same boat. We are all in the same storm. Some are on super-yachts. Some have just the one oar.”* (Damien Barr, Scottish Author)

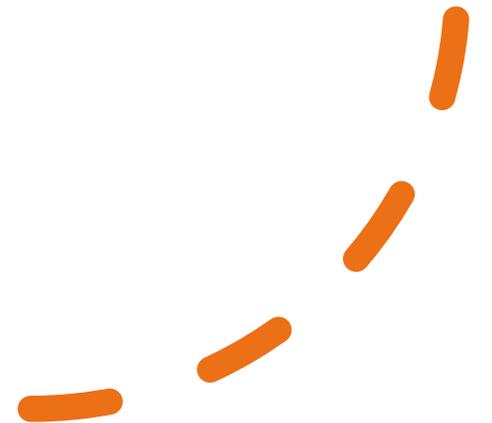


# What you need to know

- Helping someone is important but rushing in when another person is upset and solving the person's problem might not be as helpful as letting the person know **you are there for them to listen, and that you care.**
- Sometimes you might not be able to contain your emotions – you might lose your temper or say or do things you regret ....

What you  
need to  
know

- Adults are there to help you understand and regulate your emotions.
- There is always a way back – every day is a new start.



# What you need to do

Know where to get support for your mental health. This may include...

- knowing who to talk to
- knowing when the school counsellor is in
- Being aware of websites or apps which can give you information and support.



# Task - Discuss

In order to look after yourself, it's important to **be kind to yourself**.

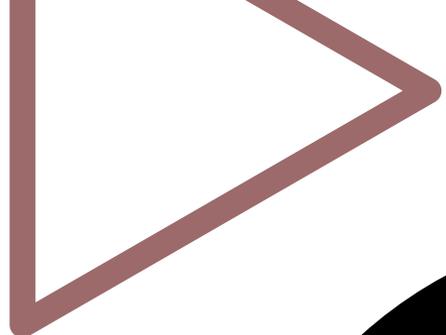
Discuss what this means and name or make a list of ways you can do this? The ways you can do this will change as you get older.



in a world where  
you can be  
anything.....



Be Kind



# What you need to do

Use positive approaches to support your friends.

- Try to be patient with them
- Try not to make fun of them or get annoyed with things they do
- Listen carefully to what they say (you can show this by giving them eye contact, responding with a nod or repeating back what they have said to make sure you understand)



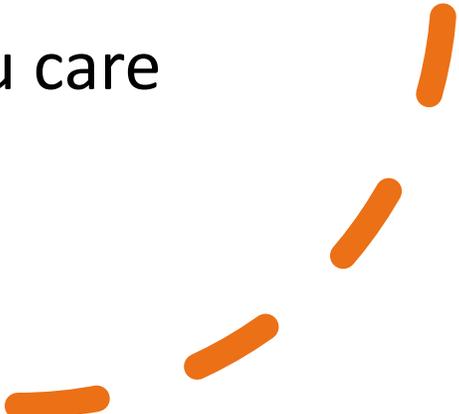
## What you need to do

Your friends may not be looking for you to solve their problems. Just listening and empathising with them can really help.

Saying things like...

- *“That sounds really hard, I’m sorry that you’re feeling like this”*
- *“I can hear that you feel like everything is going wrong just now. I’m here to listen if you need to talk”*

.....will show your friend that you care about them.



# Task

With your teacher, have a look at this advice about 'how to help someone else' -

(This can be shared on your school website, Twitter or Show My Homework)





What you  
need to do

It is important that you understand when you may need to seek adult advice about supporting a friend.

