

Skills for Recovery

Young People

Week 5...Responding

SUPPORTING OURSELVES & OTHERS



Renfrewshire
Council



Renfrewshire's Nurturing
Relationships Approach

WHAT DO I NEED TO KNOW THIS WEEK?



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



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



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

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



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



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

WHAT CAN I TRY STRAIGHT AWAY?

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