

Supporting people who are feeling low or anxious

Try to **put yourself in the other person's shoes** to see how it might feel



Be patient and sensitive to their needs and **give them time and space** to talk



Normalise **their feelings and offer support**



Show **Active Listening** skills by using their words to show that you are listening



Try a **change of environment** if possible, for example, going outside



Give **praise** for their efforts and remind them of previous successes



Talk to them about their **interests**



Engage them in **activities** that they enjoy



Look after yourself - you cannot care for others if you are not caring for yourself



Ask about getting further support from the **Psychology Team** if necessary

