



## Simple Steps to Support Each Other

# i'm fine

**I'm fine - Feelings Internalised Never Expressed**

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**Life after Lockdown is not 'business as usual.'**

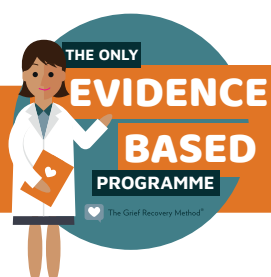
**Are you or your colleagues feeling anxious, overwhelmed, tired, or bereft?**

**Everyone has experienced Lockdown loss.**

**Loss of safety, loss of hopes and dreams, loss of health, relationship breakdown, loss of friends, loss of family.**

**What you can do to support each other:**

1. Listen out for the classic words, 'I'm fine!' It's an easy way to avoid sharing true feelings.
2. Look out for non-verbal communication indicators.
3. If you're concerned about a colleague, don't ask them how they are, ask what's been happening with them during Lockdown for instance. This will avoid the 'I'm fine' answer.
4. Listen to their answer without interrupting them.
5. Avoid comparing their experiences to your own.
6. When others talk about their losses it can remind you of losses you've experienced. That's normal.
7. If they cry, that's ok. Reassure them that crying is a normal and natural reaction to loss of any kind.
8. You don't need to fix them; they just need to be heard.
9. It's ok to ask them if they need a hug at the end of talking.
10. If they need more support to deal with loss, please tell them there is a book that can help, The Grief Recovery Handbook, or they can speak to a Certified Grief Recovery Specialist.



[www.griefuk.org/schools](http://www.griefuk.org/schools)

