

Just Listening

FOR COVID-19

EMOTIONAL CONNECTION REAWAKENS GOOD MENTAL WELLBEING WHEN SOCIALLY DISTANCED

Emotional distress around COVID-19 is not 'mental illness':
It is a common and understandable human experience

ALWAYS MAINTAIN
COVID 19 SOCIAL
DISTANCING AND
HYGIENE
GUIDELINES
BEFORE AND AFTER
JUST LISTENING

Just Listening and creating connection when self isolating at home or other communal space:

1. Set up a place for Listening - a sofa, two chairs etc
2. Watch 'basic empathy skills' for Listening - https://youtu.be/clf1wL_7Kro
3. If you need someone to listen - sit at the Just Listening space
4. Offer to be a listener and wait at the Listening space



Just Listening and creating connection when self isolating alone:

1. Set up a network list - connect on social media - Facebook / WhatsApp / Skype
2. Watch 'basic empathy skills' - https://youtu.be/clf1wL_7Kro
3. Reach 'out' to your network when needed
4. Reach 'in' to your network and offer Listening

JUST LISTENING
CREATES
CONNECTION
WITHOUT
JUDGEMENT OR
TRYING TO FIX -
BRINGING NEW
HOPE AND
MEANING

HUMANE CLINIC
ADELAIDE

Hope
Understanding
Meaning
Acceptance
Noos (human spirit)
Empowerment
www.humaneclinic.com.au

Listen - Connect - ReAwaken

To learn more about how to actively listen:

WWW.JUSTLISTENING.COM.AU