

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



Listen – Connect – ReAwaken

∞ Listen deeply to the persons story ∞

∞ Connect in shared acceptance and meaning ∞

∞ Reawaken to emotional connection ∞



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

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HUMANE CLINIC
ADELAIDE

Hope
Understanding
Meaning
Acceptance
Noos (human spirit)
Empowerment

www.humaneclinic.com.au

LEARN JUST LISTENING:

BASIC EMPATHY SKILLS

'It is important to remember that story-telling and meaning-making are universal human capacities' – Johnstone et al, 2018