

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 when self
isolating at home or other
communal space

1. Locate Just Listening spaces
2. Watch WWW.JUSTLISTENING.COM.AU
3. Reach in to offer Listening to others
4. Reach out to share feelings
5. ReAwaken to emotional connection

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

LISTEN – CONNECT – REAWAKEN

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