

# 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**

**ACCEPTANCE  
of a stress  
response**

**ACCEPTANCE:**  
A person is  
distressed, fearful &  
feeling vulnerable –  
a common human  
experience

**BEHAVIOUR**  
Is an expression of  
distress and of a need

**Behaviour:**  
An expression of  
distress and need:  
Connect emotionally

**JUST LISTENING IS  
A COMPASSIONATE  
GIFT**

**COMPASSION:**  
Helps the person tell  
the story about  
what's upsetting  
them within deep  
human connection

**COMPASSION**  
towards the person  
and our self

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

[WWW.JUSTLISTENING.COM.AU](http://WWW.JUSTLISTENING.COM.AU)

**HUMANE CLINIC  
ADELAIDE**

Hope  
Understanding  
Meaning  
Acceptance  
Noos (human spirit)  
Empowerment

[www.humaneclinic.com.au](http://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*