

## HELPING OTHERS

### Express concern & offer to help

Letting someone know you're worried is a good way to open up a conversation – it shows you care about them and have time for them.

### Reassure them

The first time someone mentions their worries is a big step. It's good to recognise this and reassure them. Let them know you're there to listen when they need to talk.

### Offer your time to listen

Listening is an important skill. Ask open questions that start with "how?", "what?", "where?" or "when?". This can help people to open up.

### Be patient

You will not always know the full story. There may be reasons why they have found it difficult to ask for help. Just being there can be helpful for someone who may want to open up later.

(From <https://www.nhs.uk/oneyou/every-mind-matters/helping-others/>)

## If they do not want support

Gently explore their reasons for not wanting to get support. If they are unsure whether to get help, just talking and listening without judgement could help work out what's getting in the way.

### Do not force it

Do not force someone to talk to you or get help, and do not go to a doctor on their behalf. This may reduce trust, lead to them feeling uncomfortable, and can also be disempowering for them.

### Look after yourself

It can be upsetting to hear that someone you care about is in distress. Be kind to yourself and take some time to relax or do something you enjoy.

### Offer practical help

Little acts of kindness – such as offering to do the shopping or to go to professional appointments with them – can help.

Find out what works for them.

(also [www.mind.org.uk/information-support/helping-someone-else/](http://www.mind.org.uk/information-support/helping-someone-else/))

## SLEEP TIPS

We all know how much of a difference a good night's sleep can make, and there are lots of ways you can improve your quality of sleep, which in turn can have a positive impact on your mental, physical and emotional health.

- When it's time for bed, make your room completely dark.
- Maintain an ambient temperature in your room. If you're too hot or too cold, you won't sleep soundly
- Say no to technology in the bedroom! That means avoiding televisions and computers. Having access to these will urge you to switch on when you can't drift off, which in turn can lead to even more disturbed sleep.
- Take the time to really consider your bedroom and make it more sleep-friendly – you're worth it!

(From [www.sleepcouncil.org.uk](http://www.sleepcouncil.org.uk))

For more helpful hints and tips go to [www.ewensroom.com/covid-19](http://www.ewensroom.com/covid-19)