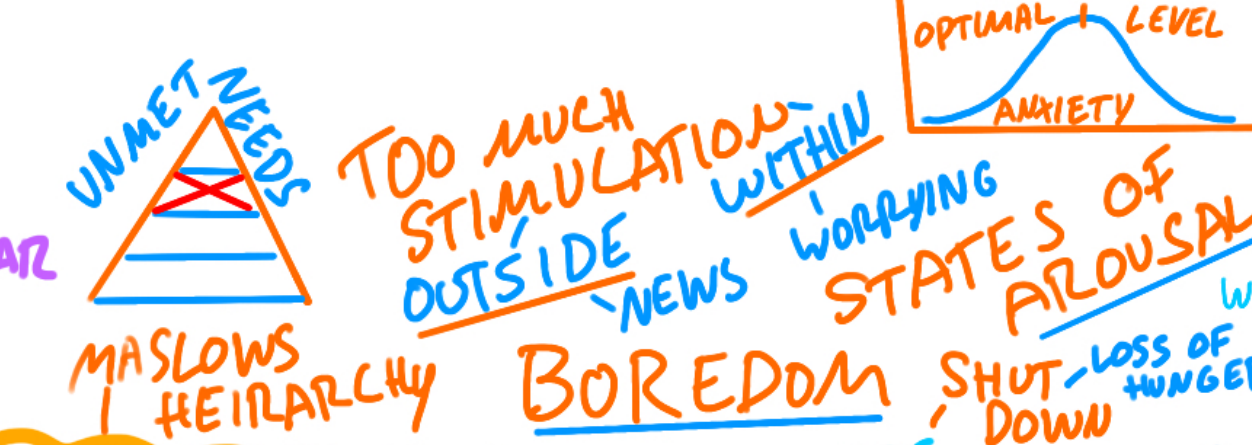


STORY SO FAR...

GRUMPY, ANXIOUS BIRTHDAYS MULTITASKING CHATTING FOR SUPPORT
 ENDING TRAVELS EARLY MISSING EACH OTHER MORE IN CONTACT WITH FRIENDS
 SLEEPING PATTERN FUN WITH CHILDREN
 WORK/LIFE BALANCE VALUE OF MONEY NOT COMING HOME TO LISTEN BE BACK
 ZONE OUT OF MEDIA LOTS OF POSITIVES CHORES
 WORRYING ABOUT TEENAGERS EXAMS WORKING TO LIVE WERENT SURE WHAT TO EXPECT
 FINISH AT 3PM NOT LIVE TO WORK TEARFUL FOR TIME FOR MYSELF
 ISOLATING ALONE "FEEL LIKE IM GETTING DAUGHTER BACK NO REASON
 LAZY READING MORE NOT PULLING MY WEIGHT FROM UNI
 SEEING SON MORE SKYPING DAUGHTER EVERY DAY HOME COOKING/BAKING
 MISSING HOLIDAYS NOTICING NATURE ON WALKS

CHANGE + UNCERTAINTY

NICE TO KNOW IM NOT THE ONLY PERSON FEELING LIKE THIS
 - THREAT PERCEPTION + FEAR
 - NEGATIVE FRAMING
 - PREJUDICE + DISCRIMINATION
 - PANIC
 - GRIEF + LOSS



ANXIETY + STRESS



BUILDING WELLBEING AND STRENGTH

INCLUSIVE SOLUTIONS

WELLBEING

RECONNECT WITH SELF GRATITUDE + COMPASSION SAYING NO SUPPORT PHYSICAL HEALTH CREATE CONNECTIONS - HOBBIES + INTERESTS
 SLEEP, REST RELAXATION - COMPARTMENTALISE WHAT DO I NEED MORE/LESS OF?
 EMOTIONAL RESOURCES 'CLEVER COMMUTING' - SHARE CONCERNS
 - VALUE SELF
 - POSITIVITY + OPTIMISM
 - COMPARTMENTALISE WHAT DO I NEED MORE/LESS OF?
 - SHARE CONCERNS
 - HOBBIES + INTERESTS



TRUST

WHEN YOU DONT TRUST SOMEONE

SELF-REGULATION

BREATHING + RELAXING PRAYER WORKING WITH OTHERS
 FEELINGS WORK
 DIARIES APPS
 SENSORY - STROKING
 SOAKING BLOWING
 ICE BATHS
 GROUNDING YOURSELF
 MEDITATION
 MINDFULNESS
 EXERCISE

THE LONG VIEW

WHAT HAVE WE LEARNED FROM SIGNIFICANT PEOPLE?

VALUED HUMOUR TRUST EACH OTHER
 A GOOD PLACE TO WORK
 COMPASSION KINDNESS
 POSITIVITY SUPPORTIVE
 SUPPORT EACH OTHER
 BACK TOGETHER GOOD FOR MENTAL HEALTH
 ALWAYS GOOD TO TALK + RELAXING
 SOOTHING + RELAXING
 HELPFUL THOUGHTS
 GOOD TO EXPLORE OUR EMOTIONS
 COMPASSION WAS GOOD

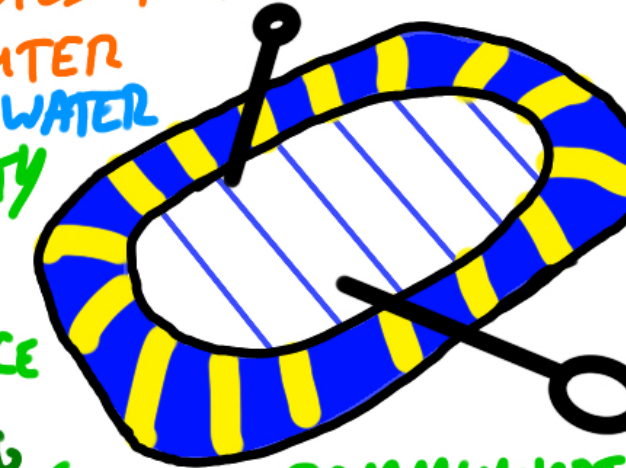
ENQUIRE ABOUT THE POSSIBILITY
 "LIFE CAN BE SHIT, BUT SEE THE GOOD BITS"
 FOCUS ON THE STRUGGLE NOT THE EVENT
 "YOU CAN GET THROUGH ANYTHING WITH A GOOD ENOUGH SYSTEM"
 LACK OF PREDICTABILITY
 IMMOBILITY WITH FEAR

LISTENING "ENJOY THE SMALL MOMENTS"
 "GET ON WITH YOUR LIFE"
 NOTICE GROWTH + NAME IT
 POST-TRAUMATIC GROWTH

EMPATHY + HOPE

TRAUMA

LOSS OF COMMUNICATION + CONNECTION
 HAPPY IN THE WATER
 EMOTIONAL SUPPORT NOT CLARITY
 POSITIVITY REASSURANCE HOPE
 SMILING LAUGHTER BEING AROUND PEERS
 COMMUNICATION HAVE A GOOD DAY
 LOSS OF PURPOSE
 LOSS OF SENSE OF SAFETY
 NUMBING OF SENSE OF TIME
 RECOVERY SAFE + SECURE "EMBRACING IT"
 MOURNING THE PAST - "LET IT OUT"
 REBUILDING + SOCIAL ORDINARY CONNECTIONS
 UNCONDITIONAL ACCEPTANCE "YOU ARE OK"



DREAMING

NURTURE AND INCLUSION
 FOLLOWING UP WITH EACH OTHER SHOWING YOU CARE
 LESS STRESS BEING THERE EMOTIONALLY
 SECRET ANGEL DOING NICE THINGS FOR EACH OTHER
 SUPPORTIVE