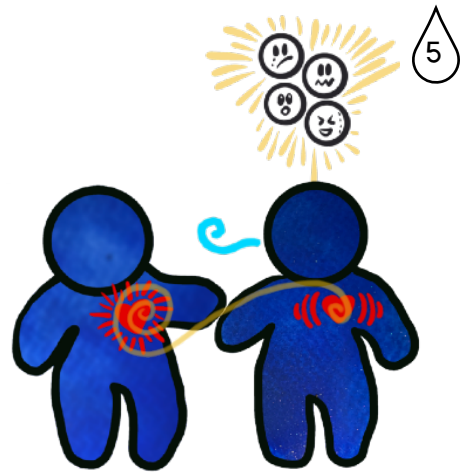
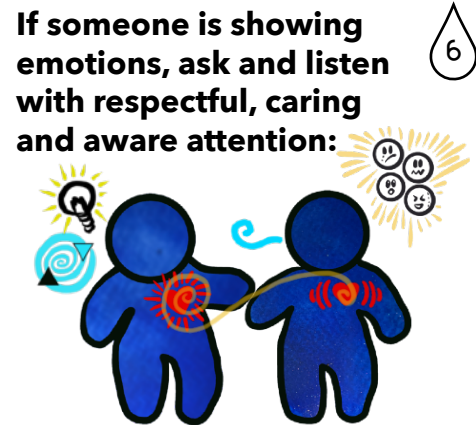
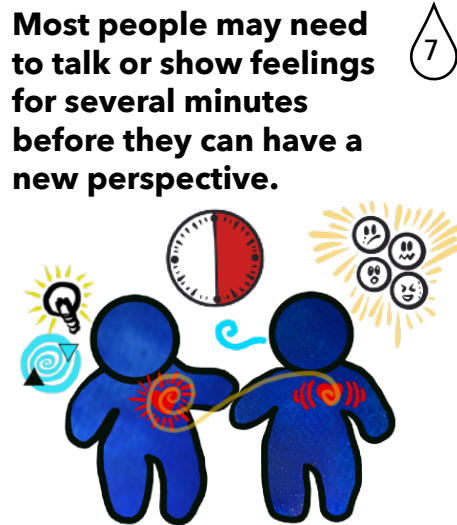




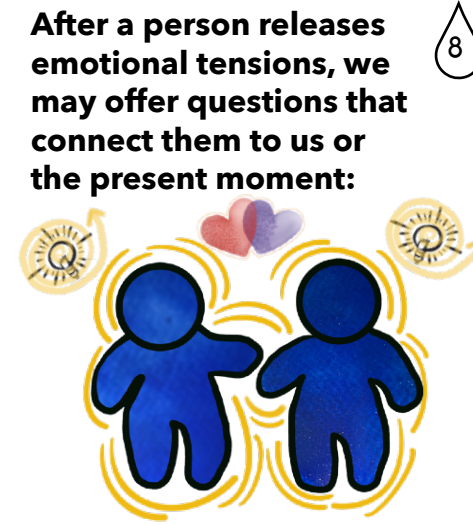
- ★ Ask questions to get a fuller picture of what's going on.
- ★ Remember that showing feelings is part of the human healing process.



- If someone is showing emotions, ask and listen with respectful, caring and aware attention:**
- ★ How do you feel?
 - ★ How may I help you?
 - ★ Could you tell me how this started?
 - ★ I would like to know how this is for you.



- Most people may need to talk or show feelings for several minutes before they can have a new perspective.**
- ★ If a person is not able to stop releasing their emotions after some time, we may consider asking for help.

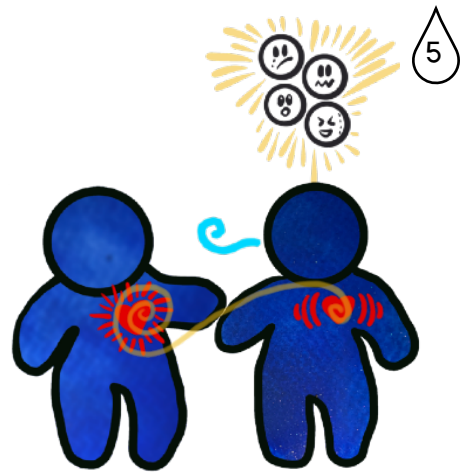


- After a person releases emotional tensions, we may offer questions that connect them to us or the present moment:**
- ★ Name three blue things around us.
 - ★ What's a pleasant memory of water?

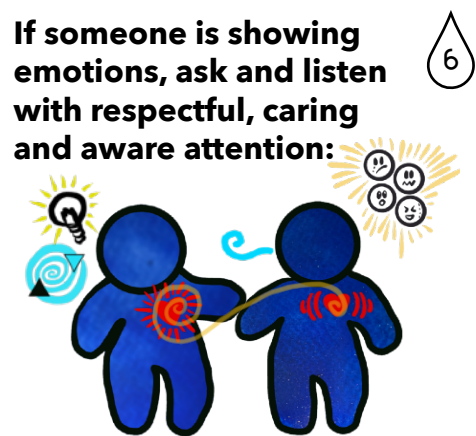
Emotional Support & Wellbeing



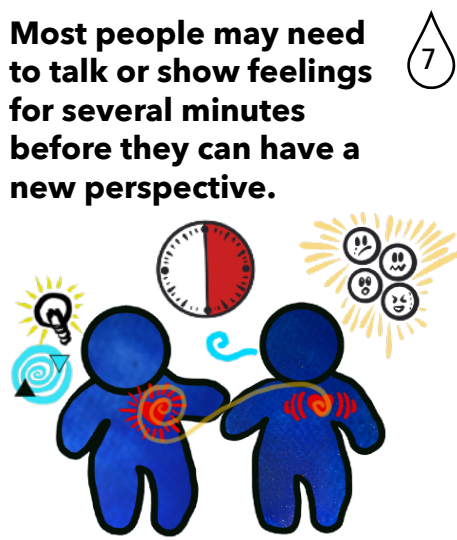
A Basic Guide To Having & Offering Peer Support



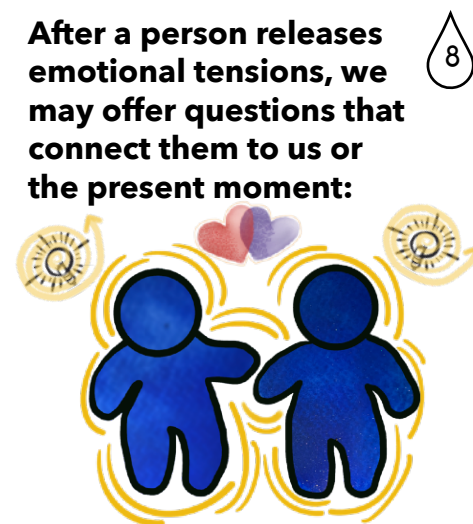
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Emotional Support & Wellbeing



A Basic Guide To Having & Offering Peer Support

To effectively offer support requires having good support for ourselves, too.

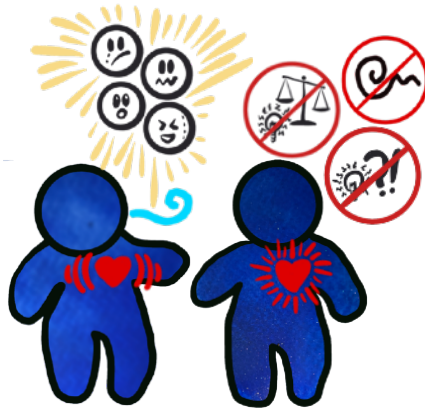
1



- ★ How is our access to basic physical needs like sleep, food, water, housing and clothing?
- ★ Might we have the ability to think and use caring awareness to act, have things go well?

★ Do you have people with who you offer and receive contact, care, connection and community?

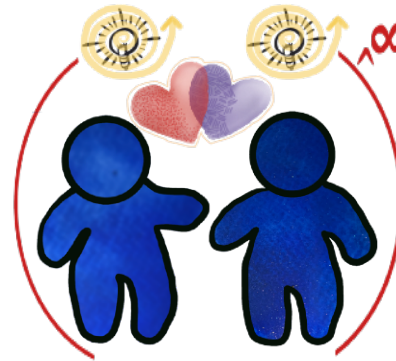
2



- ★ Are we keeping ourselves in good listening shape by using listening exchanges?

Build, expand and deepen our communities of peer support. We may:

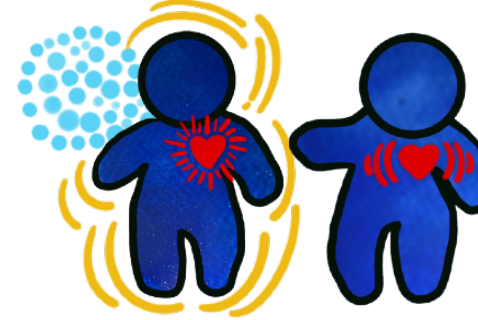
3



- ★ Teach and do listening exchanges with anyone.
- ★ Stay in contact and practice with Sustaining All Life.

If someone asks us for emotional support:

4



- ★ Ask ourselves if we are able to offer support. If not, ask for help.
- ★ Ask and make sure that the person is not physically hurt. If they are physically injured, call for emergency aid.



Sustaining All Life

offers peer support, tools and practices to strengthen organizations and movements. We work to end destructive policies, oppressions and the climate emergency.

- SustainingAllLife.org
- Sustain_All_Life
- @SustainAllLife
- fb.com/SustainingAllLife

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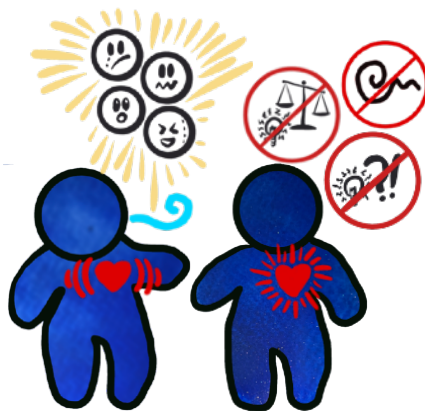
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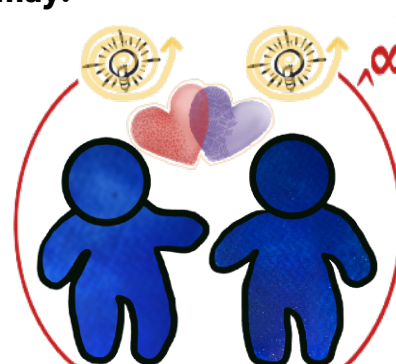
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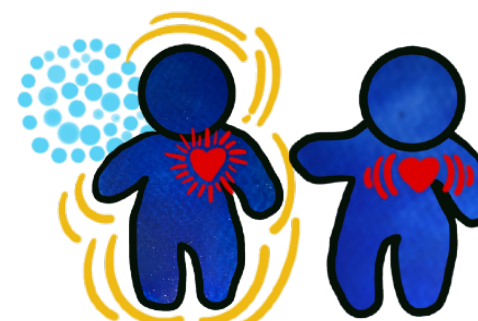
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