SOCIAL MEDIA READY RESOURCES

FIVE WAYS TO SUPPORT EACH OTHER IN A CRISIS

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FIVE WAYS TO SUPPORT EACH OTHER IN A CRISIS

Here are five ways we can support each other in these challenging days!

1. **LISTEN:** Try active listening whereyou not only listen to the words that someone is saying but also what they are trying to communicate through tone of voice and body language.
2. **ENCOURAGE:** This helps others to grow and feel better, but it is also good for yourselves too.
3. **HELP:** If younotice one of your friends struggling, encourage them to get help.
4. **LAUGH:** Cheer each other up with a quote/meme or joke!
5. **BE THERE:** Be reliable and available for others.

Visit the Ethos Blog today for more advice on supporting each other in a time of crisis <https://www.grace-foundation.org.uk/five-ways-to-support-each-other/>

**Images for social media on next page…**

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Feel free to tag @gracefoundationuk on Instagram for those that use it