Mutual Support

What can we do to help a friend, a neighbor or a colleague?

- Listen empathetically and offer useful educational information about stress, but avoid being judgmental.
- Avoid criticizing unless necessary, and even then, do it only in private and in a sensitive way.
- Encourage and appreciate efforts, not only success.
- Help them regain a sense of control over the immediate environment.
- Be patient and tolerant with your friends, neighbors, peers. Don’t take their anger personally.
- Encourage the person not to make any life-changing decisions in the first few days after a major event.
- Avoid trying to minimize the experiences the person has gone through or suggest they forget about it; they will need to find a new mental space which incorporates any events that have happened.
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