Friendly Reminders

for creating emotionally safe spaces & relationships

01 Reframe distress as more than an individual pathology. It is a normal part of life.

02 Be present and attuned to what is unfolding.

03 Recognise your position and any power differential that is present.

04 Reflexively examine your assumptions. Ask rather than assume.

05 Be curious. Listen to what distress may be signalling rather than trying to ‘fix’ or manage distress.

06 Recognise your own emotions and bring compassion to yourself and others.

07 Recognise that systems can make it hard to provide safe spaces. Do the best you can.