

Take a **CALMER** approach to isolation

C

Consider

the safety needs of yourself and others

A

Acknowledge

the situation and how you and others are feeling

L

Listen

to how you're feeling physically and mentally

M

Manage

the situation as it changes

E

Enable

what has enabled you to cope with challenges in the past?

R

Resource

what do you need to put steps in place?



BritishRedCross

150
years

The power
of kindness