



DEVERNON PSYCHOTHERAPY

A Compassionate Space for
Your Mental Wellbeing

When Worry Takes Over

- Understand how stress and anxiety can make a loved one feel overwhelmed.
- Learn to be a source of calm when they need it most.

DEVERNON PSYCHOTHERAPY



HERE TO SUPPORT YOU BOTH

We offer a safe, confidential space to help your loved one find peace.

We also provide support and guidance for family members like you.

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DEVERNON PSYCHOTHERAPY

Let's Talk DEVERNON PSYCHOTHERAPY

**A Guide for Supporting
Someone You Care About**

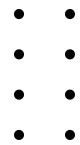
- This leaflet is for you.
- A few simple ideas to help you help them and take care of yourself.



RECOGNISING THE SIGNS OF OVERWHELM

- Sometimes, worry and anxiety can become so intense they change a person's behaviour. They might:
- Isolate themselves from friends and family.
- Seem constantly on edge or easily startled.
- Struggle with a sense of safety, even in a familiar environment.
- Have trouble sleeping or eating.
- It's important to remember that these behaviours aren't a choice; they are symptoms of a mind and body under immense stress.

Stress & Burnout
Anxiety & Depression
Trauma



YOUR ROLE: A COMPASSIONATE PRESENCE

Your support is one of the most powerful tools for their recovery. You can help by:

- **Listening with Empathy:** When they express a worry, try not to correct or argue with them. Acknowledging their feelings is more helpful than trying to change their mind. You might say, "That sounds so difficult to go through," or "I'm sorry you're feeling so scared." This validates them without validating the content of the worry.
- **Focusing on the Present:** Gently guide their attention to the here and now. You can do this by talking about a shared memory, a simple task like having a cup of tea together, or a calming activity you can do side-by-side.
- **Encouraging Small Steps:** The thought of leaving home or facing others might feel impossible. Break down tasks into tiny, manageable steps. A goal might be sitting by a window for five minutes or opening the front door for a moment. Celebrate every small victory.

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Caring for Yourself: Your Well-Being Matters Too

It's emotionally and physically draining to care for a loved one. Your own well-being is not selfish—it's essential.

- **Seek Respite:** Find time for yourself, whether it's a walk, a hobby, or a coffee with a friend. Respite helps you recharge and be a more effective caregiver.
- **Find a Support System:** Connect with a trusted person who understands what you're going through. You don't have to carry this burden alone.
- **Be Kind to Yourself:** This is an incredibly difficult situation. It's okay to feel frustrated, exhausted, or sad. Acknowledge your feelings without judgment.

