

Looking after yourself during the Grenfell anniversary



Anniversaries can bring up painful feelings and memories. Strong emotions or feeling numb or disconnected are natural and people will respond in different ways.

As we approach the sixth-year anniversary of Grenfell, we know how important it is to look after yourself at this time and we welcome you to make contact with us if you need or wish to.

The past few years have been very difficult. The events of June 14th 2017 have been followed by the Covid pandemic, wars in the world, ongoing increases in the cost of living and other challenges in our lives. Many people may have experienced additional losses, stress and worry. You may be concerned about your own health or the health of a loved one.

Many people have also shared how current events remind them of things that happened before, during and after Grenfell, making it harder for them in the weeks leading up to the anniversary.

Some people have also expressed concern about justice, the outcome of the Grenfell Inquiry and the future of the Tower.

All of these things might make the upcoming anniversary even harder, but there are things you can do to look after yourself, your friends, and your family.



Looking after yourself

Leading up to the anniversary you may see the resurgence of strong emotions or disturbances to your usual patterns of living, like eating and sleeping.

Many people will have memories of how they have managed previous Grenfell anniversaries, including things they did on their own, with their families, friends or communities. For some, this will have brought a sense of connection and determination alongside the more difficult emotions. People may draw on strengths from their faith or activities that provide comfort.

Each person's experience will be different, but these are some common responses that you may notice in yourself and in those around you:

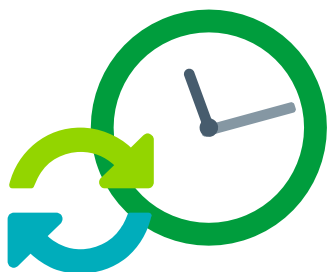
- Constantly feeling alert and tense
- Struggling to relax and/or having difficulty concentrating
- Avoiding difficult feelings or memories associated with Grenfell
- Feeling irritable and/or angry
- Having more arguments than normal
- Feeling very sad and missing those you have lost
- Nightmares and disturbed sleep
- Worrying a lot and feeling like you can't stop thinking difficult thoughts.

During these times, it can be helpful to think about ways to look after your wellbeing.



Helpful things to do

Here are some simple things you can do to make a difference for you and your family:



Make a schedule. Keeping a routine can be a really useful way to stay active, and have control over your day. Think about writing up a timetable to put on the wall, and write out what activities you will do throughout the day. It's important to include things that will be enjoyable or calming, as well as productive.



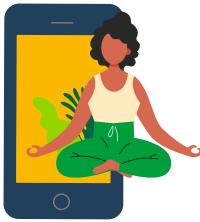
Taking care of your physical health will impact positively on your emotional wellbeing. Make sure you and your family have healthy meals, and avoid comfort eating; exercising when you can (even a short walk can help) and have a good sleep routine.



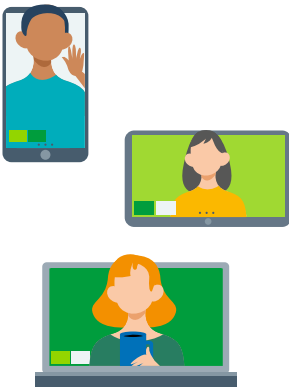
Try to add something meaningful to your day that you enjoy, maybe set a task for yourself or start a hobby you enjoy like drawing, cooking, creative writing, and so on, and remind yourself each day of something you did really well and/or are grateful for.



Limit your exposure to news and social media. There is a lot of fake news circulating at the moment that can really raise your anxiety. Protect your emotional space and limit your news time. Maybe allocate a slot in your day to check the news and not check again until the allocated time the next day.



Take time out to breathe. You could integrate calm time into your routine and allocate a time in the day to relax. There are plenty of apps like Calm Panda, Headspace or relaxing sounds apps that can help you to take some time out.



Stay connected to friends, families and loved ones. It is important to keep in touch with friends and family members even when you can't meet so think about scheduling phone time. If you find that upsetting news are the main topics of conversation at the moment, think about a list of other topics you want to talk about – such as a new activity you've tried at home or a new relaxation tip you've learnt.



If you live with other people, it can be fun to do activities together – such as finding great recipes together, reading books out loud, meditation or joining in an online dance class.



Volunteering for our local community

can have benefits for you and your neighbours. It helps to reduce stress, reduce isolation and improves mental and physical wellbeing.



Do whatever you want and need to do to mark the occasion

– whether it's taking time to reflect alone or joining in planned activities with your friends, your family and/or community. You might want to attend a public remembrance event like the Silent Walk or find creative ways of remembering your loved ones such as creating a photo collage, swapping stories with family and friends, cooking a recipe they have always liked or planting a small tree.

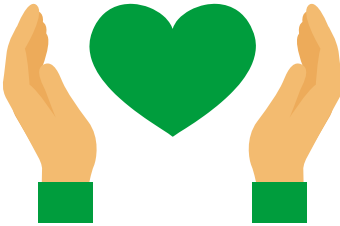


Finding ways to stay connected to our values, culture and spirituality

can be soothing at highly stressful times. The way we feel connected can be different for every person – it's more about what feels most meaningful to you. This can include keeping time free for spiritual activities, connecting with your local faith leader, or making space to connect with your heritage and personal values.



Check in with others who may be struggling but make sure you still take care of yourself.



Be gentle with yourself. Your life has changed significantly. Virtual learning, working from home, worrying and caring for older and vulnerable family members are all difficult things you and your family are having to adjust to. Try not to worry too much about learning new skills, or productivity at work if you feel pressured. Now is a time to connect, stay safe and well.



Take time to reflect in your own way.

Remember we are here to help

To get some ideas, advice and support on how to manage during this difficult time, you can call the Grenfell Health and Wellbeing Service on:

020 8637 6279

You can also talk to us about any concerns or worries you have about how you and your loved ones are being affected.

Our team will also be supporting events in the community on and around the anniversary.

Keep an eye on our social media pages and our website to get up to date information on where we will be and what other support you can access:

 @GrenfellNHS  /GrenfellNHS

 @GrenfellNHS

www.grenfellwellbeing.com

This document is also available in other languages, large print, Braille, and audio format upon request. Please email communications.cnwl@nhs.net

هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف الطباعية الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب

Arabic

این مدرک همچنین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است.

Farsi

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

Somali

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

Portuguese

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

Tamil

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

Spanish

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formacie audio.

Polish

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

Gujarati

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

Turkish