

Looking after yourself at the Inquiry - Avoiding emotional fatigue

Some of the signs of emotional fatigue are:

- Unable to switch off from thinking about what you have seen and heard
- Having difficulty sleeping
- Feeling that you need to watch or attend the Inquiry all the time despite feeling exhausted and/or overwhelmed by it
- Neglecting other things in your life including family, friends, work or leisure
- Feeling numb or unable to concentrate
- Feeling unable to do relaxing or comforting things like take a walk or see friends
- Thinking you aren't able to talk about the feelings that you have
- Finding you can't stop talking about what you have seen and heard
- Noticing that you are drinking or smoking more than usual
- Not having the energy to keep going with day to day activities

These are some positive coping skills you might try:

- If you notice any of the signs listed above, think about the amount of time you spend at or watch the Inquiry and limit it to the parts that are most relevant to you
- Take things one step at a time
- Spend more time doing the things you usually enjoy
- Try and ensure you get enough sleep and rest
- Talk to people you trust
- Ask for help

If you feel you need to talk more about anything to do with your emotional wellbeing, NHS and Hestia staff are available daily at the Inquiry. Support is also available via www.grenfellwellbeing.com to self-refer or for any queries on 020 8637 6279