

Look up!

THERE IS SO MUCH TO SEE

Be observant and pay attention, human behaviour is fascinating.



We know that people rarely say what they mean. "Fine" usually means anything but fine. It can often mean that 'I am being brave' or 'I don't want to tell you' or 'I don't even want to think about it.' That means it is up to you to be observant. Look up from what keeps you busy. maybe busy from children, friends, partners, parents, colleagues. Look up, be observant and step in.

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