



Wellbeing Tips

The gift of listening



Benefits of offering the gift of listening

For many veteran families, life has been shaped by experiences that carry deep impact such as separations, relocations, loss, or living with the ongoing impacts of service. These experiences are often carried quietly and can sometimes feel too heavy to share. In these moments, one of the most healing things we can offer is the gift of listening.

Listening is not about having answers or solutions. It is about being present, patient, and open to whatever someone feels able to share. When we listen with compassion and without judgment, we create a space of safety where people can speak in their own time, in their own way.

Trauma can sometimes make it difficult to find words, listening does not always involve talking. It can be sitting together in silence, offering gentle acknowledgment, or respecting when someone is not ready to share. These quiet forms of presence can be just as powerful, reminding us that connection does not require anyone to relive or retell painful memories before they feel ready.

Listening is also something we can practice with ourselves. Taking moments to notice our feelings, honouring them without self-criticism, and allowing ourselves rest and gentleness are forms of self-listening. This practice helps build the capacity to hold space for others with greater empathy.

The gift of listening recognises that each person's journey is unique. By listening deeply, we acknowledge not only the hardships but also the courage, resilience, and wisdom that exist within our community of veterans, war widows, and families. Together, through listening, we can build connection, trust, and healing.

If you would like to experience a supportive listening space, you are warmly invited to our upcoming wellbeing activities.

Scan the QR to view upcoming wellbeing activities!

