

The logo for Mindhush Group is a white circle containing the text "MINDHUSH" in a bold, sans-serif font, with "GROUP" in a smaller, all-caps font directly below it.

MINDHUSH
GROUP

A close-up photograph of a man with dark hair and a mustache, wearing black-rimmed glasses and a light grey t-shirt. He has a shocked or terrified expression, with wide eyes and a furrowed brow, and is covering his mouth with his right hand.

I don't want to scare you
but....

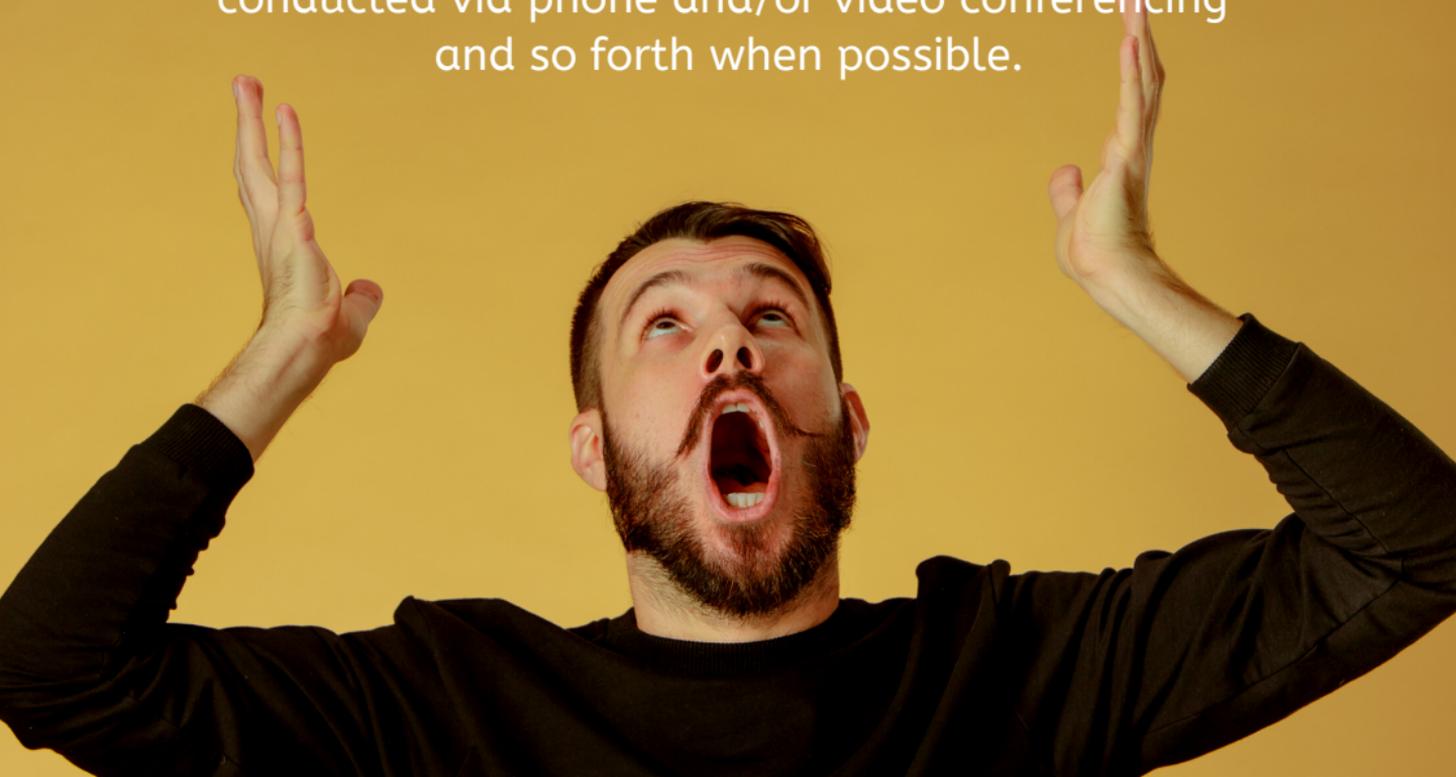
A man with dark hair and a beard, wearing a blue button-down shirt, is looking upwards with a wide-eyed, surprised expression. The background is a plain, light-colored wall.

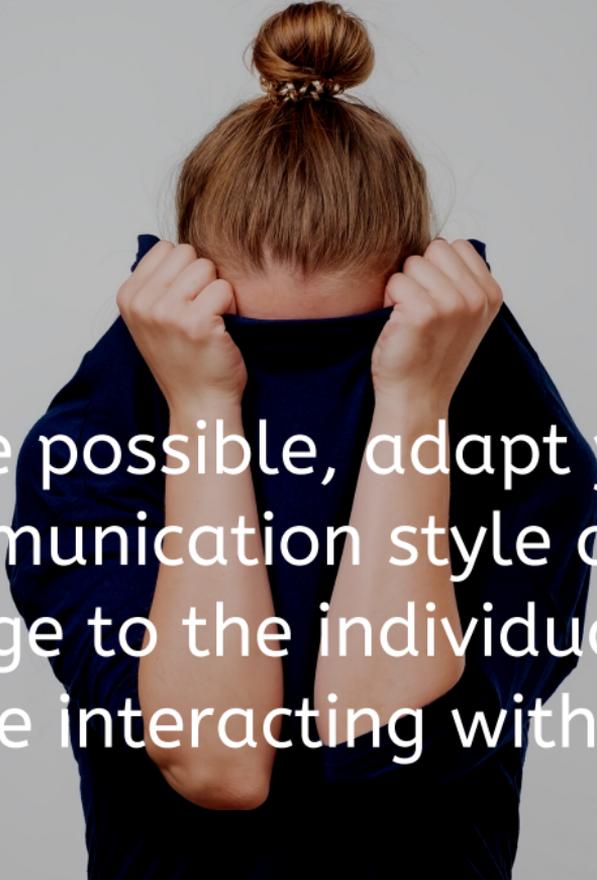
**It's important to discuss
fear and how to adapt
to the current workplace
changes/restrictions**

In fearful times be more mindful of the mode of your communication and how you articulate your message to others.



In fearful times it goes without saying that people can often misinterpret electronic communication, so any important interactions and decisions should be conducted via phone and/or video conferencing and so forth when possible.



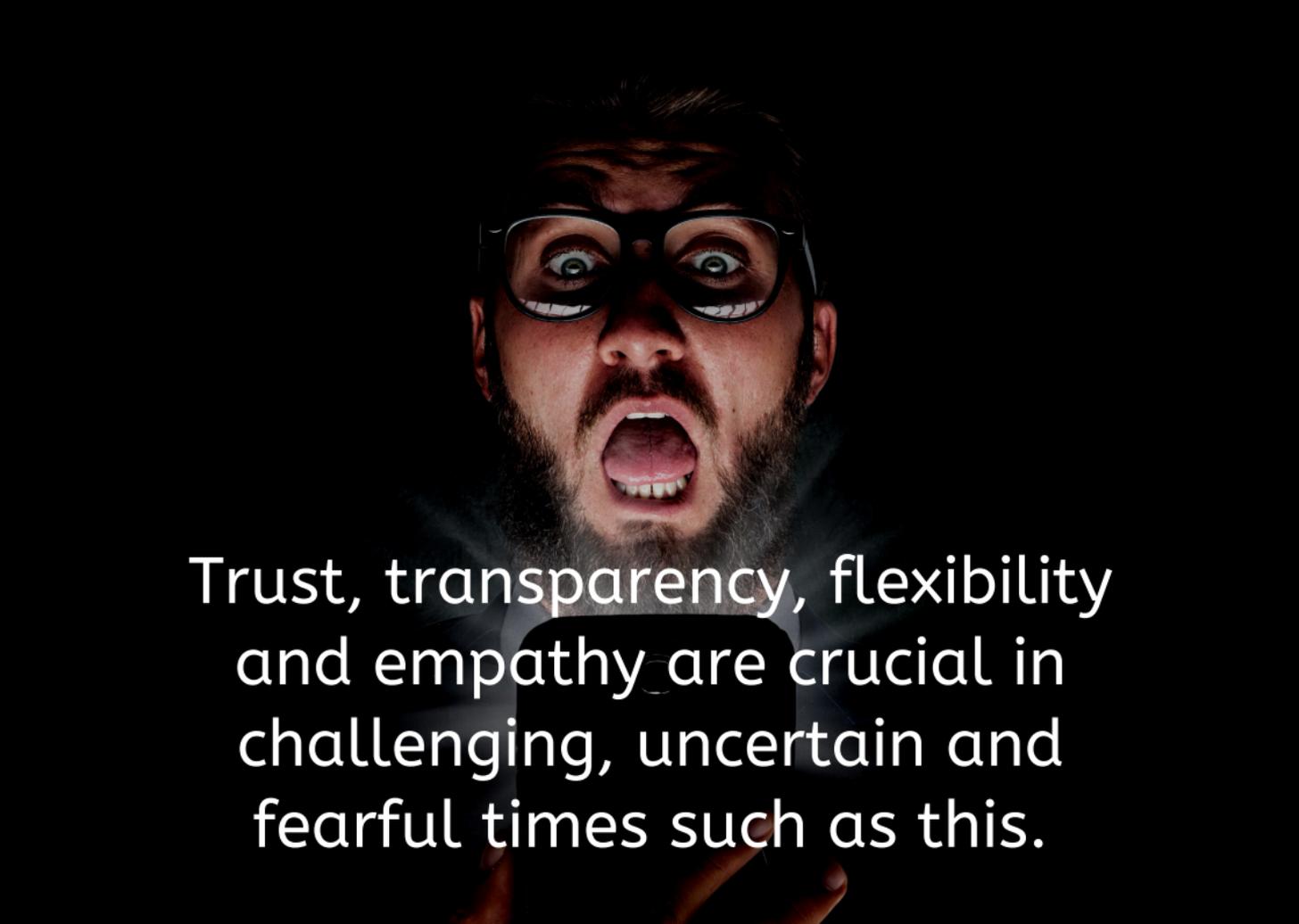
A person with their hair in a bun, wearing a dark blue t-shirt, covering their face with their hands. The person is seen from the back, with their hands raised to their eyes, completely obscuring their face. The background is a plain, light gray.

Where possible, adapt your communication style and language to the individual you are interacting with.

How to respond to fear in others

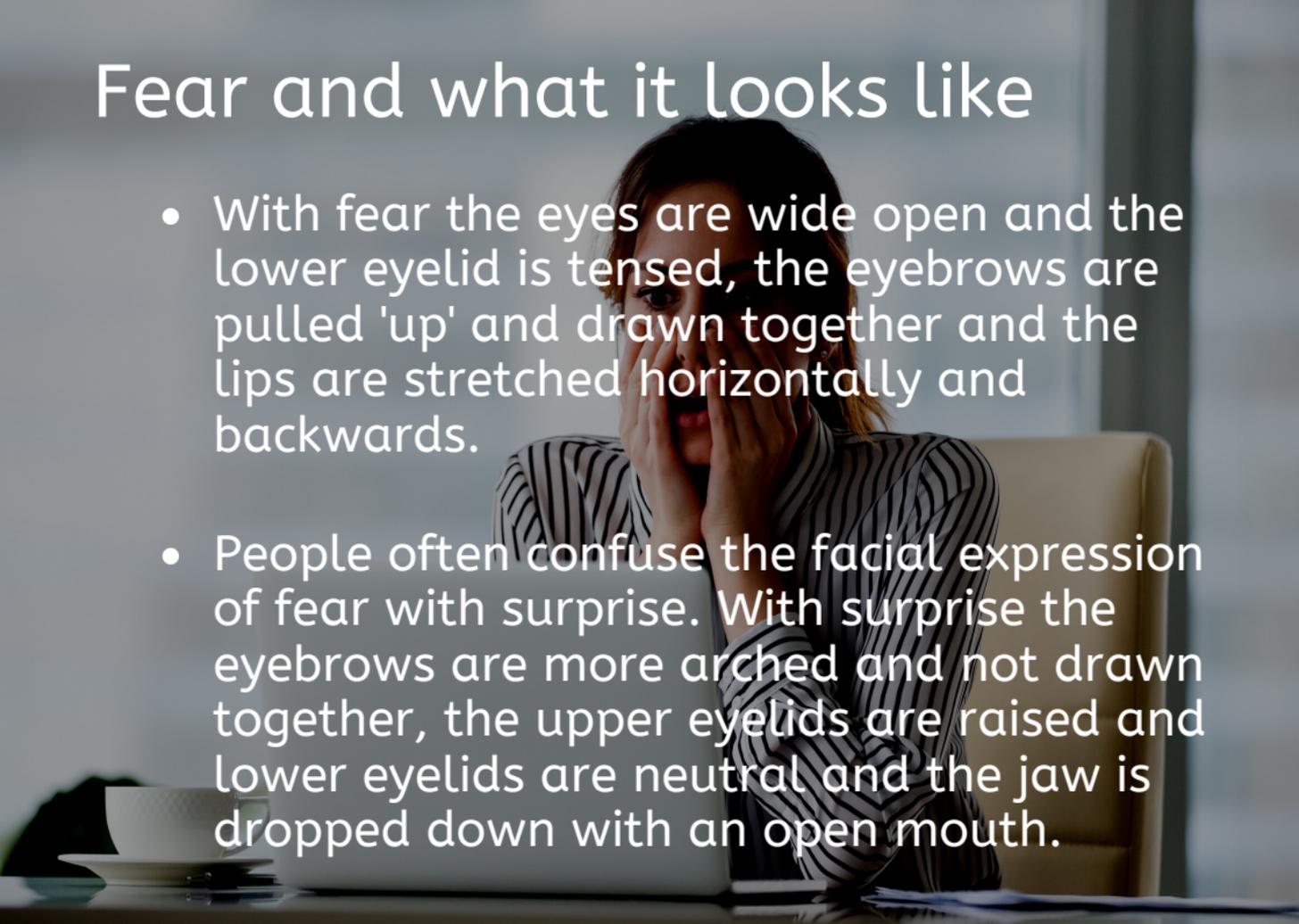
- It is not necessary to feel another person's fear to accept it and be in a position to assist them to cope.
- But it does require the capacity for empathy, compassion, sympathy, respect and the ability to be patient to reassure someone who is afraid of something 'you are not afraid' of or 'as afraid' of.



A man with a beard and glasses is shown from the chest up, looking directly at the camera with a wide-eyed, open-mouthed expression of shock or surprise. He is holding a black smartphone in front of his chest. The background is dark, and there is a subtle glow around the man's head and the phone.

Trust, transparency, flexibility
and empathy are crucial in
challenging, uncertain and
fearful times such as this.

Fear and what it looks like

A woman with long brown hair, wearing a black and white striped shirt, is sitting at a desk. She has a shocked or fearful expression on her face, with wide eyes and her hands covering her mouth. In front of her is a white laptop. To the left of the laptop is a white coffee cup on a saucer. The background is a blurred office setting with a window.

- With fear the eyes are wide open and the lower eyelid is tensed, the eyebrows are pulled 'up' and drawn together and the lips are stretched horizontally and backwards.
- People often confuse the facial expression of fear with surprise. With surprise the eyebrows are more arched and not drawn together, the upper eyelids are raised and lower eyelids are neutral and the jaw is dropped down with an open mouth.

Fear



Surprise



Facts on fear

- Fear can affect our physical, psychological and emotional well-being.
- Fear is often felt 'before' the harm.
- Fear varies in intensity from sheer terror through to minor trepidation.
- The universal trigger for fear is the threat of harm, and this can be 'real' or 'imagined'.
- While there are certain things, people and events that trigger fear in most of us, we can learn to become afraid of nearly 'anything'.