

Love: the simple solution

There are only 28 people in my subject area university. So, much like in your form classes, we get to know each other pretty well!

Last term we had a lot of extra work to do, it was difficult finding the time to do it and everyone was getting stressed. It made people tired and cross with each other. Small groups started breaking off and people were talking about others behind their back.

I knew I wanted to do something to bring everyone together again. I started to plan a special lunch for everyone to mark the half-way point through our degree. I was afraid people wouldn't come so I asked each person individually and to my real delight everyone immediately said yes. Speaking to each person and giving them my attention really paid off.

We had a fantastic lunch together and we sat on talking for ages. Our year group all came together again and started supporting each other.

Sometimes it is difficult to know what to do in these situations. They don't always seem fixable. But, in the additive way that the dice reminds us, through showing love simply by talking with each other and showing each person that they are valued, we can find a very simple solution.