



Improve Relationships with Better Listening

To improve your listening skills, experiment with these techniques:

- Remove distractions that might keep you from giving someone your full attention. Unless you're expecting news, ignore incoming calls, texts, or emails.
- Avoid interrupting, as tempting as it may be.
- Make eye contact to demonstrate that your attention is focused on them.
- In your own words, repeat back what you heard to make sure you understood it correctly.
- Ask questions to indicate that you are actively considering what they have said.

YOUR WELLBEING ACTIVITY

HOST A GATHERING

Organize a get-together with the closest members of your support network, along with those you might like to invite into it.