

# Communication and Mental Health

Active Minds + WYSE



# Communicating Feelings

- Use “I feel” statements
  - Not “I am”
- Be an active listener!
  - Validate and summarize
  - Don’t give unsolicited advice, be supportive!
- Say what you feel and ask for what you want
  - Be comfortable with expressing your needs to the listener

# Channeling Emotions

- Pursue hobbies
  - That make you feel empowered, productive, and happy
  - Make a list of hobbies
  - Hobbies are individual preferences
- Write down your feelings/thoughts
  - How do you feel? Why do you think this way?
  - Are these thoughts productive?
  - What can I do?

# Feelings are Complex!

- Everyone's feelings are valid!
  - You may not understand what the other person is going through, but that doesn't make their experience any less real
- Be mindful of your language
  - Be careful joking about sensitive topics
- You can feel multiple emotions at the same time
  - Sometimes feelings can directly contradict with each other