

WITH ME IN MIND

Low Mood

Communication is key

Sharing with others about how you are feeling is an important part of accessing help. However, how you communicate these feelings can have an impact on how effective it is!

Use these 6 key skills to help you have more effective communication

1. Choose the right time for you and the person you are talking to. For example: Asking your mum about going to a party when she has just got in from work may not be the right time as she might be winding down from work. Emotions may be heightened!

2. Put yourself in the other person's shoes. Try and think from their point of view- what might they be thinking about, what might their reasons be?

3. Try and be specific about what you want to communicate.



4. Try and use "I" statements. Sharing how something impacts on you, or makes you feel, is a more effective way of communicating.

5. Have a few solutions in mind before starting your conversation. Be prepared to compromise!

6. Don't give up! Try and schedule in another time if the conversation isn't going well.