



Mental Health- Listening to others

Listening to others

- Our objective this week is to explore and understand effective ways of listening to other people. If we are going to look after one another or look out for our peers and friends we need to be able to listen effectively.
- What is a good listener?
- Don't forget there is a big difference between 'hearing' and 'listening'.



A young man with dark curly hair, wearing a light blue button-down shirt, is seen from the side, looking towards a young woman. The woman has long dark hair, wears glasses, a white pearl earring, and a white short-sleeved blouse with eyelet details. She has her hands clasped in front of her and is looking back at the man. The background is a blurred outdoor setting with a building.

Listening to others

- Try discussing with the people near you what good listening skills are and the body language a good listener would show.
- How do you know when someone is actually listening to what you say?

Listening to others

- **Active listening** is a skill that can be acquired and developed with practice. ... it is fully concentrating on what is being said rather than just passively 'hearing' the message of the speaker
- **Non verbal**– eye contact, open body language, supportive noises
- **Verbal** – reflecting back emotions (“sounds like you were very excited, sounds like you feel sad”) and asking questions (tell me a little more about that, have I understood this right?)



Listening to others

- **Pay Attention.** Give the speaker your undivided attention and acknowledge the message. ...
- **Show that you're listening.** Use your own body language and gestures to show that you are engaged. ...
- **Provide Feedback** by supporting
- **Respond Appropriately** don't inflame or play down your response
- **Do not judge people**
- **Keep eye contact-** make it personal
- **Show interest** by nodding or by smiling at appropriate times.
- **Make sure that you understand** what has been said by repeating it in your own words.



Listening to others

What happens if we do not listen to others properly?

- Errors in sharing or understanding
- Lack of empathy
- Ineffective decision making
- Costly mistakes and errors
- Hurt feelings
- Loss of friendship
- Deterioration in trust
- Weakens communication between individuals



Listening to others

- [What advice do the professionals give us?](#)
- [Listen to the 6 quick, easy and very effective tips that The Samaritans offer](#)
- https://youtu.be/oWe_ogA5YCU 2mins



Need help or advice?

Child Line

ChildLine

0800 1111

