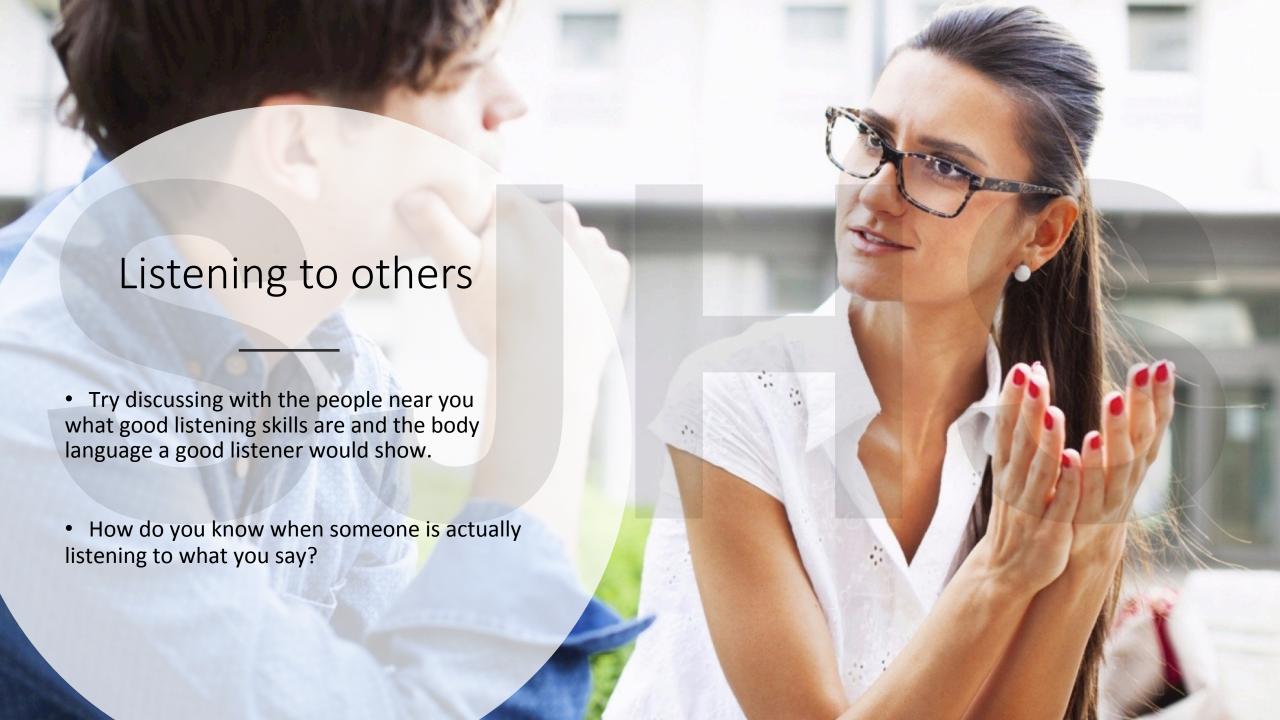


Mental Health- Listening to others

- 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'.





- 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?)



- **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.



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



- What advice do the professionals give us?
- <u>Listen to the 6 quick, easy and very effective tips</u>
 <u>that The Samaratins offer</u>
- https://youtu.be/oWe_ogA5YCU 2mins



Need help or advice?

Child Line

hildline 0800111