

Improve your Social Wellness through Good Communication Skills

You may find it uncomfortable with some of these suggestions depending on if you are more introverted or extroverted. How we communicate helps us to relate better with others. Practice the following with people you are comfortable with and work your way to the more challenging people as your skill improves.

- Be a good listener
 - Don't interrupt the person talking
 - Give them enough time to make their comments
 - Repeat back to them what you think you heard/understood if you are not sure
- Practice good body language
 - Maintain good eye contact with the person or people you are around
 - Keep your arms open (not hugging yourself) while engaging with others
 - Refrain from yawning or sighing as it appears you are not interested
 - Avoid rolling your eyes
 - Avoid looking at your watch, phone, or other distractions
 - Keep a relaxed facial expression
 - Keep your body facing the person talking
 - Keep your head up
 - Use open hand gestures
- Build healthy meaningful relationships
 - Show respect to others, even if they don't deserve it – you are the one practicing good social skills. Other people may not always have them.
 - Show respect to yourself, when others are disrespectful, either remove yourself from their presence or talk with them about how you would like to be treated.
 - When you love and respect yourself your mood becomes more positive.
- Seek support
 - It is important to have someone to lean on when you need emotional support.
 - Reach out to someone you can trust.
 - Trustworthy people are usually the ones who build your self-confidence and support you and your goals to reach your highest potential.
 - If you have need you can seek out a school counselor to assist you.

