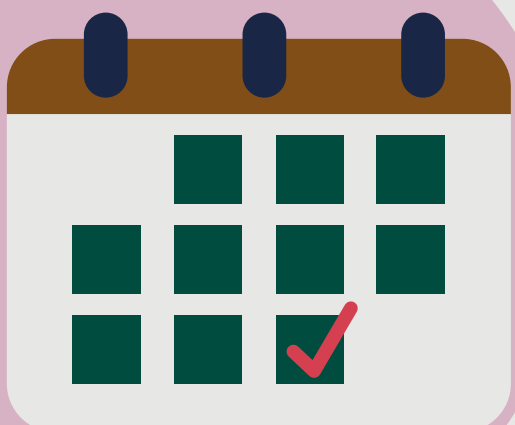


TIPS FOR HEALTHY COMMUNICATION IN FAMILIES



BE AVAILABLE

Make time to communicate with your loved ones. Scheduling check-ins is one way to show that you are available and open to communication.

LISTEN

Be an active listener when communicating with loved ones. Do you understand how they are feeling? ask questions and give time for them to share.



BE EMPATHETIC

Even during disagreements you can show an understanding of someone else's feelings and beliefs. Healthy relationships should validate the feelings of all members.

TAKE SPACE

Listen to your body and mind. If emotions are taking over, take a break. Healthy communication starts with having a good understanding of your self and your feelings.

