

RESILIENCY

Resiliency In The Moment: Listen to Understand

“Listening is often the only thing needed to help someone.”

- Abraham Lincoln

Practice Active Listening

1. Take an intentional pause to focus on another person.
2. Ask the other person one open-ended question, such as:
 - What is your perspective?
 - How are you feeling?
 - What do you think?
3. Stay silent - listen to what they are saying and what feelings they are expressing.
4. Use non-verbal body language to indicate you are focused on them.
5. Acknowledge and accept what they say. You don't have to agree with them.

Begin to weave the threads of a relationship by listening attentively. The more attentively you listen to what another person is saying, the more likely they are to share thoughts and feelings that often go unspoken.

Need more help? EAP: (314) 747-7490 – 24 hour, virtual hotline available
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