

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.

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