

# Thrive 365 #2

## Did you know?

When the Mental Health Foundation went onto the streets and asked people 'how are you feeling?' - the vast majority of people answered with 'I'm fine'. But how were they really feeling? Talking is proven to improve mental health, but for lots of reasons many people feel like they can't open to others. How can we help that change?

## What can you try?

### 1. Ask Twice

The first time you ask, a person is likely to give the standard response. Sometimes it feels more like a social etiquette than a real question. However, if you ask again once the conversation is established, you are more likely to get the real answer.

### 2. Model the Behaviour

Be as open as you can when you are answering that question. Acknowledge your own emotions and accept that not all days are the same – but that's OK. Talking about it helps.

### 3. Really Listen

Often when we are busy we don't really listen to the answer people give us to a question. We are already thinking what we are going to say next or what it is we should be doing. This is Level 1 listening. If we practise, we can achieve Level 2 or 3 listening which is more likely to encourage someone to open up to us.

Level 1: Internal Listening — Listening to your inner voice.

Level 2: Focused Listening — Listening intently to another person.

Level 3: Global Listening — Listening to others in the context of their entire surroundings.

*We hope you find this knowledge useful. Warm wishes, Claire and Rachael, Dragonfly Co-founders.*

**TALKS**

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