

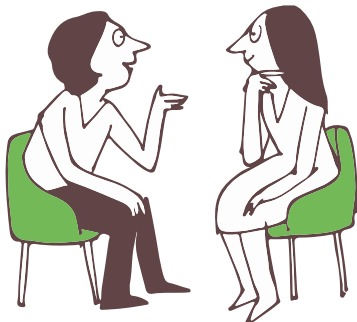
# Connect CONVERSATIONS ABOUT MENTAL WELLBEING

## BATHE TECHNIQUE

Having a clearer understanding of what they are experiencing will empower the other person to make small changes that will ultimately boost their wellbeing.

## B A T H E

One approach to discussing these five areas is the BATHE technique: discuss the **background**, how this **affects** the person, what **troubles** them most, and how they **handle** it. Oh, and don't forget to show **empathy** too!



## THE THREE 'CS' OF CONNECTED CONVERSATIONS

When it comes to speaking with a friend or colleague about their mental wellbeing, these three postures will help us make better connections with them:

- Adopting a **conversational feel** to our discussions. Avoid the temptation to control the conversation and attempt to problem solve.
- Showing **compassionate care** for the other person. Compassion involves a sensitivity to the other person's suffering alongside a commitment to help.
- Demonstrating a range of **communication skills** such as active listening, use of open questions, etc. These help the other person to feel understood and listened to.

## FIVE WAYS TO WELLBEING



Keeping **active**, **connecting** with others, taking **notice**, **giving** generously, and continuing to **learn** all help us thrive. These boost our wellbeing in the moment, but also build mental capital to help us better weather life's storms.

