

Emotional wellbeing

Talking about your feelings

- ▶ Communication is very important for keeping families close and well-connected.
- ▶ Many couples and families go through life without talking much about their feelings or what's really worrying them.



Everyone needs to talk honestly about what they're feeling.

Having honest conversations could reduce stress, make you feel closer to family and friends, and that you have support.

Whatever your reason – it's always good to talk and share ideas.



What would you like to talk about?

► Think of a problem or issue you'd like to discuss

Have a look at this example:

Who do you want to talk to? *My sister Rita.*

What do you want to talk about? *Talk about why I have been so grumpy.*

► **Try it. What works for you?**

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