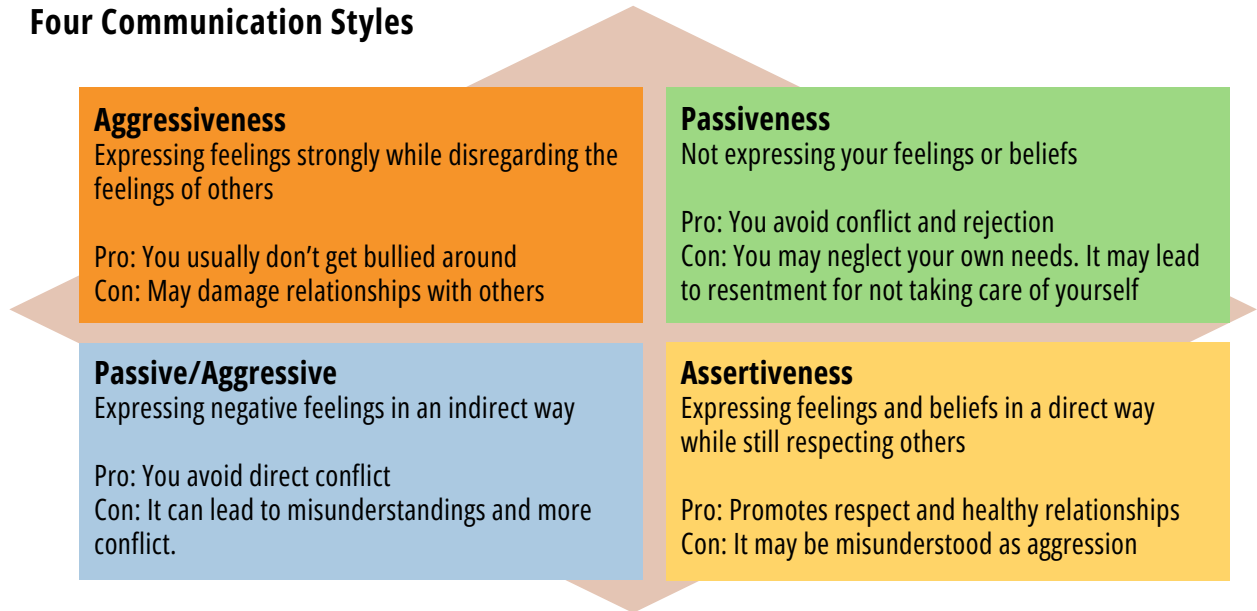




Using Healthy Communication to Manage Stress

Effective communication is important for managing stress and improve coping skills. It may especially help with reducing stress if you tend to take on too many responsibilities because you find it difficult to say no.

Four Communication Styles



Assertive Communication

Assertion is the most effective tool you can use to change a situation that may be causing stress. It's about stating your needs clearly but respectfully.

"It would mean a lot to me if you would _____."

How to Use Assertive Communication

- "I want": clarify what you really want; allows others to understand how to fulfill your wants and needs.
- "I feel": clarify how you feel without blaming or attacking others. Be specific.

"I feel irritated when you're late and I miss my workout."

- Empathize + assert: First, recognize the other person's situation or feelings. Second, assert your wants and feelings.

"It sounds like you're having a tough day! I'd love to talk to you about it, but I don't have the time right now. Can we chat later today?"

- "I" statements: This helps to express negative feelings in a non-blaming way. These statements allow you to point out how others behavior affects you while owning your own feelings about the situation.

"I really appreciate the offer of cake, but I'm sticking to my healthy eating plan, so no thank you'."