

Life, Health and You



Being Assertive: Reduce Stress, Communicate better

Being assertive is a core communication skill. Assertiveness can help you express yourself effectively and stand up for your point of view. Being assertive can also help boost your self-esteem and earn others' respect. This can help with stress management if you tend to have a hard time saying no.

The benefits of being assertive-

Being assertive helps you keep people from taking advantage of you. It can also help you from acting like a bully to others.

Here are some tips to help you become more assertive:

Use 'I' statements. Using I statements lets others know what you're thinking or feeling without sounding accusatory. Keep your requests simple, specific and clear.

Practice saying no. Remember that no is a complete sentence; you don't need to explain why you choose to say no. Be direct.

Rehearse what you want to say. It may help to write it out first, too, so you can practice from a script.

Communication isn't just verbal.

Act confident even if you aren't feeling it. Keep an upright posture, but lean forward a bit. Make regular eye contact. Maintain a neutral or positive facial expression. Practice assertive body language in front of a mirror or with a friend or colleague.

Keep emotions in check. If you feel too emotional going into a situation, wait a bit if possible. Then work on remaining calm. Breathe slowly. Keep your voice even and firm.

Remember, learning to be assertive takes time and practice. By becoming more assertive, you can begin to express your true feelings and needs more easily. You may even find that you get more of what you want as a result.

Active Listening

There are five key techniques for active listening:

1. Maintain eye contact with the speaker, avoid formulating responses while listening, avoid distractions, and listen to the speaker's body language.
2. Show that you are listening by occasionally nodding, smiling, and encouraging the speaker with small verbal comments.
3. Provide feedback by asking clarification questions, paraphrasing, and providing a summary of what was said.
4. Allow the speaker to communicate without interruption, let them finish each point before asking questions, and refrain from interrupting.
5. Respond appropriately. Treat the other person in a way that we think they would want to be treated

National Health Observances

Each month, we feature select National Health Observances (NHOs) that highlight important health & life issues affecting people every day.

Every October is recognized as [National Breast Cancer Awareness Month](#) in order to bring awareness and provide tips and resources to recognize early signs of cancer; as well as finding a cure.

[Health Literacy Month](#) was established to highlight the important of making health information easy to understand & to provide resources on navigating the healthcare system.

October 10 [is World Mental Health Day](#) in order to raise awareness of the importance of mental health.

Mental Health Minute



Taking a Social Media Break

Talk about your social media break with others. Be open and honest with your friends and family about how social media is affecting you and how taking a break is vital. They may even join you on your break.

Turn off social media notifications. Take a few minutes before you officially start the break and change your social media notification settings. A break is almost impossible if you hear chimes and whistles from postings.

Fill the void. You will have additional free time during your social media break. This is the perfect time to increase or improve your mental and physical health strategies. Read an inspiring book, go for walks with a loved one, work on a skill you've always wanted to learn, or simply dedicate more time to relaxation.

LIVE MONTHLY WEBINAR:

Empowering Your Influence

Date: 10/11/2023 | Time: 1:30 PM to 2:30 PM EST

[REGISTER FOR THIS EVENT](#)



Create your new account at
[Custom Site].mylifeexpert.com
or Scan Here to Download:



When creating a new account,
use company code: [code]