

## Mental Health Community Care: We all have mental health

Self-Care



Resilience



Mental Health  
Conversations



Being Trauma  
Informed



Trauma-  
Informed  
Responses



Effective  
Coping Skills



Emotion  
Regulation



Suicide  
Prevention

### MENTAL HEALTH CONVERSATIONS: HOW ARE YOU

Supportive, healthy relationships positively impact our mental health. Embracing empathy and using active listening skills, helps us get to know others in a genuine way. This allows us to normalize conversations about mental health, making it easier to talk openly and honestly about how someone is doing.

Mental health conversations include:

1. Asking 'how are you' in a genuine way,
2. Actively listening and recognizing signs of suffering,
3. Validating and asking about coping strategies,
4. Offering hope, support and resources, and
5. Following up

#### How Are You

- **Asking:** when asking someone how they are doing, it is important to be present and actively listening, and to avoid interrupting and making assumptions or judgements.
- **Responding:** when responding to being asked how you are doing, be honest, use emotion words, and share ways you are taking care of yourself (i.e., coping).



**PRACTICE.** There are many ways to ask, "how are you?". Consider a variety of scenarios where you might ask this question, and in the space below, write different ways to ask, "how are you?".



**RESPONDING TO “HOW ARE YOU?”.** Responding honestly when someone asks you how you are doing supports your own mental health, as well as demonstrates how to do this for others.

1. Start a conversation with a friend, family member or someone in your support network asking how they are doing.
2. Listen and pay close attention to how they respond.
3. When they ask you, “How are you?” practice responding honestly, using words that describe the emotions you are feeling, and include at least one way you are caring for yourself.
4. Notice how they respond to your reply.
5. Reflect on the conversation.
  - How did your friend, family member respond to being asked “How are you?”
  - How did you respond to being asked “How are you?”
  - How was the difference?
  - How did it feel to respond honestly, including emotion words and self-care actions?
  - How might you continue to role model this skill – both asking and responding?