

Communicating for healthier relationships



The quality of your relationships can affect all aspects of your life—your self-esteem, health and even productivity. Keeping any relationship healthy requires effective communication. These tips will help you communicate better for healthier relationships.

Show respect. This should be the number one in your “communication toolbox.” Always listen without judgement, showing that you value the other person.

Practice “active” listening. Put away your phone or tablet, make eye contact with the person who is talking, and observe their body language. Acknowledge what you heard by nodding or repeating back what is being said.

Watch your own body language. Your actions, expressions and physical stance bear meaning, too. When congratulating someone, for example, approaching them in a relaxed manner rather than in a tense, hurried stance will help better communicate your genuine feelings.

Make it a two-way street. Don’t dominate the conversation — allow equal time to talk and listen.

Avoid interrupting. Keep your focus on the conversation and let the other person finish what they are saying before you interject your own thoughts.

Ask probing questions. Ask open-ended questions that solicit more than a yes/no response or just a few words. For example, rather than simply asking a friend if they liked the concert, ask them to tell you what they found most interesting about the concert.

Avoid being judgmental and try to stay objective. Show your respect and that you are open to the person’s opinions. Avoid frowning, looking away, rolling your eyes or checking your cell phone if you don’t agree with someone’s opinion.



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