

## Talking about mental wellbeing

Starting a conversation with others about mental wellbeing can sometimes feel difficult.

### ***Top tips for good conversations:***

- Don't be afraid of saying the wrong thing.
- Share personal experiences where you feel comfortable.
- Use prompting questions.
- Actively listen without judgment.
- Use inclusive language.
- Signpost to support when needed.
- When asking people how they are feeling, it is often worth asking twice to allow for the standard "I'm fine" response, but then prompting further.

Mental wellbeing is related to happiness and contentment. But having good mental wellbeing isn't about being happy all the time. It is more about having a sense of meaning, purpose and belonging.

We can still enjoy good mental wellbeing alongside a diagnosis of a mental or physical illness.

People may talk about moments of suffering. Tough times are a normal part of life. They can offer opportunities for personal development and help us to better understand ourselves and others.

Being kind to ourselves when we are experiencing difficult times, finding ways to gain a sense of perspective, avoiding self-doubt or self-blame and reaching out for support when we need it are important for helping us to cope through difficult times and for protecting our mental wellbeing.

Conversations in the Community is a free online course. It can build your confidence to have conversations about mental health and wellbeing so you can be there for your friends, family, and others in your community.

[www.conversationsinthecommunity.org.uk](http://www.conversationsinthecommunity.org.uk)

[www.hapus.cymru](http://www.hapus.cymru) / [www.hapus.wales](http://www.hapus.wales)