

Mindful Communication

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Stephen Covey

The biggest communication problem is we do not listen to understand. We listen to reply.

Benefits Of Mindful Communication

Empirical Evidence for Individual Benefits

- Reduces rumination
- Decreases stress
- Increases memory capacity
- Improves focus
- Decreases emotional reactivity
- Increases cognitive flexibility
- Improves relationship satisfaction

Workplace Benefits

- Increases focus
- Enhances creativity
- Improves relationships
- Makes communication effective
- Invites expression
- Improves employee engagement
- Reduces stress and anxiety
- Promotes wellness
- Better decision making

Speaking

- Embrace simplicity
- Be precise and specific
- Observe yourself
- Honor silence
- Be intentional





Listening

- Be present
- Have an open mind and non-judgmental attitude
- Offer compassion
- Be curious
- Extend grace
- Provide space for full expression

Pause

WAIT

and

THINK

Is what I am saying

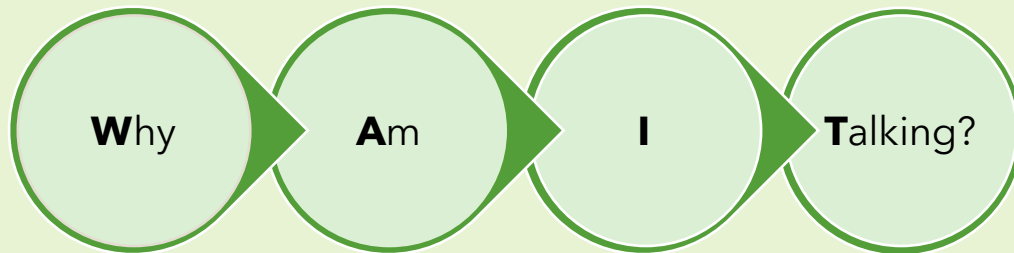
TTrue

Helpful

Informative

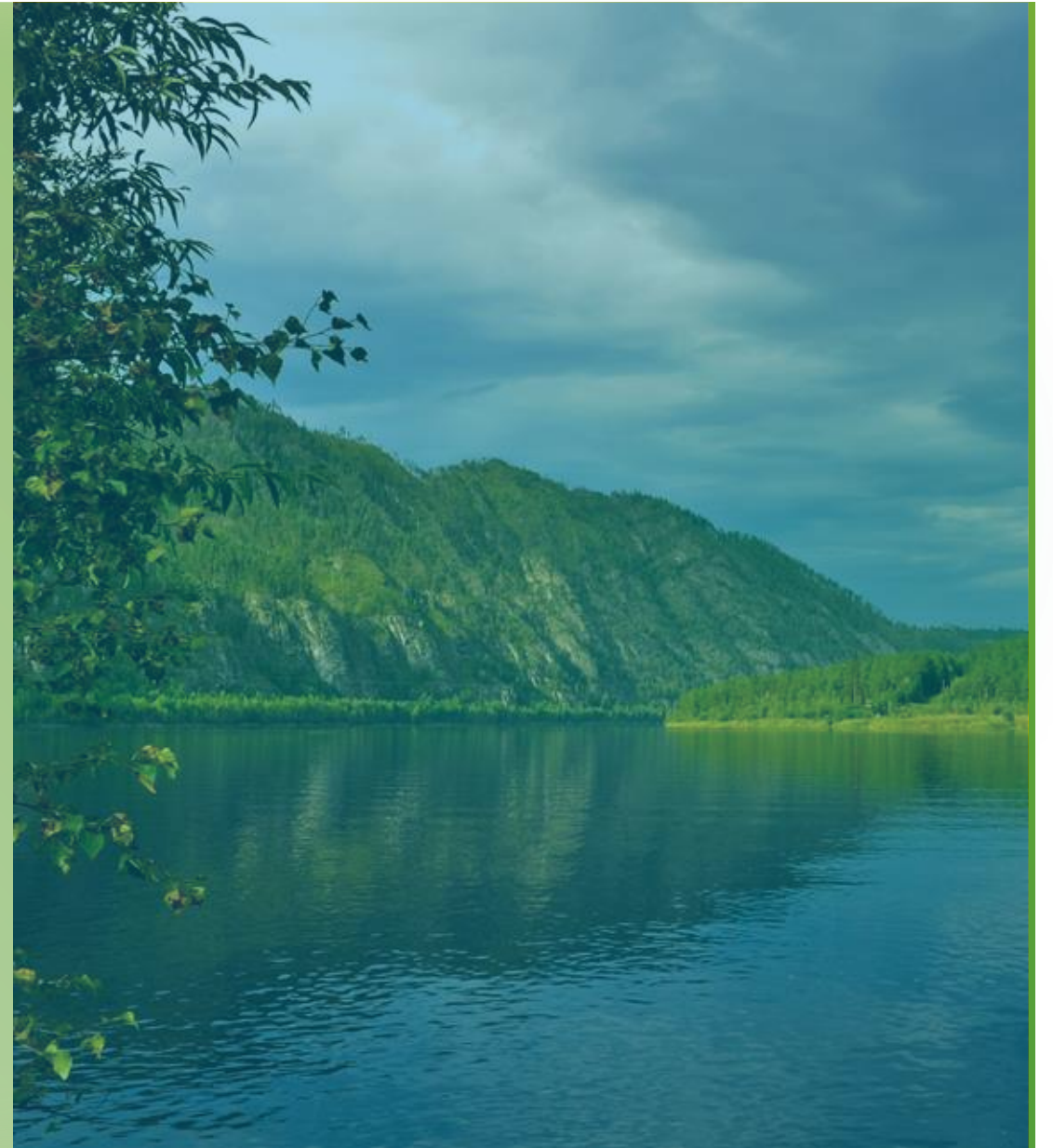
Necessary

Kind



Responding

- Restate and clarify what was said
- Refrain from unsolicited advice giving
- Start with phrases such as
 - *So, you feel...*
 - *It sounds like you...*
 - *You're wondering if...*
 - *For you, it's like...*



Barriers

Comparing

Mind reading

Rehearsing

Judging

Interrupting



Positive Communication Calendar

	Who was the interaction with?	What made the interaction positive?	What did you want to get from the interaction?	Is this what you got?	What do you think the other person wanted from the	Is this what they got?	How did you feel during the interaction? How do you feel recalling it?
Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							

Negative Communication Calendar

Who was the interaction with?

What made the interaction negative?

What did you want to get from the interaction?

Is this what you got?

What do you think the other person wanted from the interaction?

Is this what they got?

How did you feel during the interaction?
How do you feel recalling it?

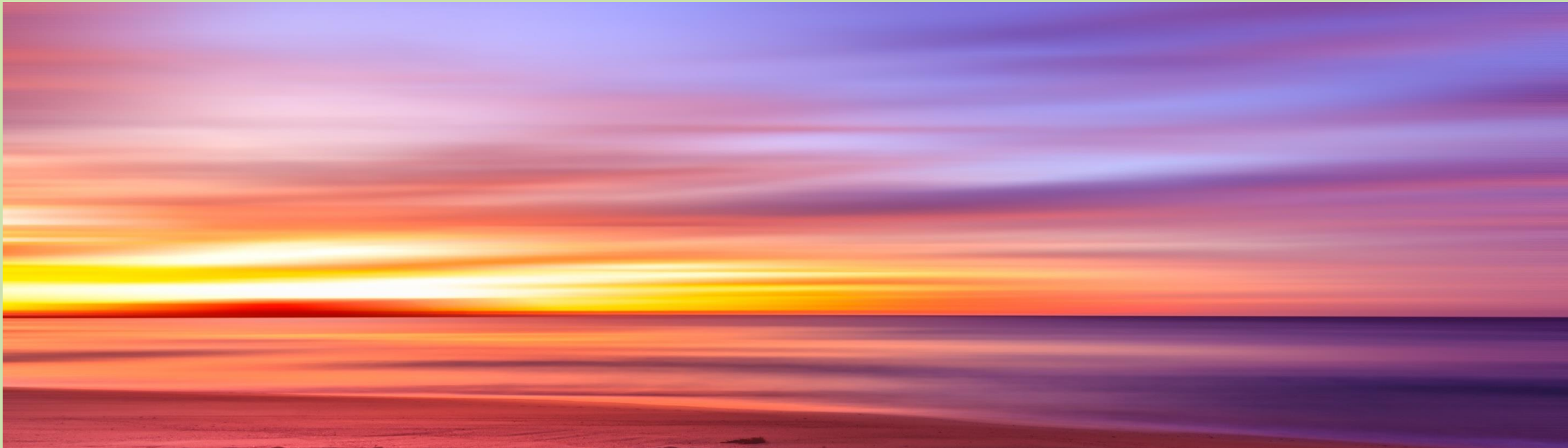
	Who was the interaction with?	What made the interaction negative?	What did you want to get from the interaction?	Is this what you got?	What do you think the other person wanted from the interaction?	Is this what they got?	How did you feel during the interaction? How do you feel recalling it?
Sunday							
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Loving Kindness Meditation

Guided Meditation - "Loving Kindness"

By, Tara Brach





Additional Resources



Article: [How Mindful Communication Makes Us More Compassionate](#)



Article: [What are the benefits of mindfulness](#)



[Guided Meditations by Tara Brach](#)



TED Talks: [Andy Puddicombe, All it takes is 10 mindful minutes](#)



Apps: Headspace, Smiling Mind, Ten Percent Happier, Breethe, Plum Village



Services, Courses & Workshops: [Grasse River Wellness](#)