

Communication - Stop & Breathe

Often while engaged in a conversation with someone, we are already formulating our responses while others are speaking. This puts the focus of the conversation on ourselves, where we typically react instead of mindfully formulating responses. To bring more clarity into the conversations between both parties, take some time to stop and breathe during the process, allowing others to say their piece. This provides us with some space and time to better formulate our responses. Slowing down, breathing, and really listening to the conversation will make us more mindful of what others are saying as well as how we formulate any answers and responses, improving the overall conversation for everyone.