

## Healthy Social Skills

A healthy lifestyle isn't simply eating healthy and exercising. It also includes healthy interactions among your friends, family, co-workers and other people you encounter during your daily routine. Ways to work on having healthy social skills can be broken into four categories:

### Cooperation:

- Includes playing your part in a positive way when interacting with others.
  - Example: taking turns, contributing in group tasks or projects at school or in the work force and sharing or being patient when working with others.
- Helps create a healthy work environment and is a way everyone can be included and work together!



### Communication Skills:

- Communication skills are essential in healthy relationships.
- Involves utilizing active listening with understanding and empathy toward the other person and thinking before you speak.
- Being engaged when communicating with other individuals helps build healthy and strong relationships.

### Respect Yourself and Others:

- It is important to have respect for yourself and show others the respect you would want to be treated with.
- Ways to show respect for others:
  - Being patient and following directions
  - Avoiding bullying others or putting them down
  - Cooperating and taking turns and respecting other people's property
- Respect yourself by having confidence and stand up for yourself if you're being bullied, teased or don't feel comfortable in a situation.

### Resolve Conflict in a Positive Way:

- It is not healthy to get angry and negative when a conflict arises.
- Instead, work on active listening!
  - Try and realize why you're angry, control your anger and listen to what the other person has to say to understand their point of view on the situation.
  - Then, work out a compromise that benefits both individuals.
- It is important to remember to have respect for yourself when conflict arises and to stand up for yourself, but not bully or tease others.
- By resolving conflict in a positive way, you learn to forgive yourself and others and move on in a healthy way.

