

Talking with family and friends

Talking about your feelings.

- ▶ Communication is very important for keeping families close and well-connected.
- ▶ Many couples and families go through life without talking much about their feelings or what's really worrying them.

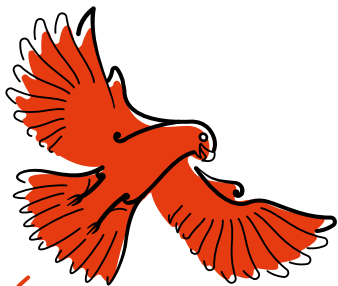
I want to tell them about how stressed I feel. Hiding it makes me feel lonely and sad but I'm worried. We never talk about our feelings.

It's such a relief not to keep all this to myself. I feel like I don't have to pretend I'm okay.

I wish Dad talked about how he's feeling. He seems stressed lately and I'm worried about him.

I need to make some changes. It'd be great to talk about this with you.

I'm worried about my husband's mental health, it could be good to talk about it and get some suggestions.



Everyone needs to talk honestly about what they're feeling.

Having honest conversations could reduce stress, make you feel closer to family and friends, and feel that you have support.

Whatever your reason - it's always good to talk and share ideas.



What would you like to talk about?

Think of a problem or issue you'd like to discuss.

Have a look at this example.



Who do you want to talk to? **MY WIFE AROHA.**

What do you want to talk about? **TALK ABOUT WHY I HAVE BEEN SO STRESSED LATELY**

► **Try it.** What works for you?

Who do you want to talk to?

What do you want to talk about?



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