

Here are some things we can do to facilitate healthy and productive conversations!

SELF-CARE

- BE AWARE OF SPACE
- PRACTICE MEDITATION
- IT'S OKAY TO SAY YOU'RE UNCOMFORTABLE
- BE KIND TO YOURSELF AND OTHERS
- BE AS VULNERABLE AS YOU WANT

BEING MINDFUL

- BE AWARE OF THE SPACE YOU TAKE UP
- ACTIVELY LISTEN
- ACKNOWLEDGE AND HONOR DIFFERENCES
- RESPECTFULLY DISAGREEING
- BEING PATIENT
- ACKNOWLEDGING PRIVACY AND CONFIDENTIALITY

HAVING FUN

- ENJOY EVERYONE'S COMPANY
- LET'S LEARN FROM EACH OTHER
- GET TO KNOW ONE ANOTHER!
- USE HUMOR AS LEVITY, NOT EVERY CONVERSATION HAS TO BE SERIOUS!

THANK YOU FOR HELPING AMHERST A SAFE AND FUN PLACE FOR EVERYONE!

