# 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!