

EAP Newsletter AUG 23

Mindful speech is the art of communicating with awareness, compassion, and intentionality, it promotes clarity and understanding. Mindful speech involves thoughtful words, active listening, and considering the impact of communication on others. By choosing our words thoughtfully, we can cultivate empathy, and understanding in our interactions.

Mindful speaking is kindness

Mindful speech is defined as the process of “speaking our truth, as best we can in any given moment, and simultaneously being aware of what we are saying and what it is like to say it”

Hassed & Chambers, 2014.

Have you ever had the experience of saying something that you later regretted, posting something on the internet without thinking about the consequences, or responding to someone who asked how you are with “good” when, in fact, you were not feeling particularly good?

These are examples of mindless speech, where we are not aware of or in control of what we are communicating to others.

We are speaking out of habit and automatic pilot rather than appreciating our present moment circumstances and responding with purpose and truth.

Unmindful/mindless speech is the opposite of mindful speech, which is essentially thinking before you speak.

The mindful speech begins by bringing presence to our interactions with others. Just as when we practice mindfulness formally, such as a breath practice or body scan, in mindful speech, we are stepping out of automatic pilot mode and becoming aware of the wandering mind. We may notice judging, daydreaming, drifting off, mentally rehearsing what to say next, or the urge to fill silences. Sometimes it can be difficult to simply be present and pay attention to the conversation at hand.



Quick exercise:

Reflect on a recent conversation by asking the following questions:

- How did it feel to speak mindfully compared to how you normally speak?
- Did what you say come out as intended?
- How did the other person respond?
- How do you feel now?

Steps for mindful speech:

1. Slow down and connect to the present moment. Become aware of where you are and who you are with and take a breath, a deliberate pause before speaking.
2. What is your motivation for your chosen words? Check-in with what you are about to say, and why you have chosen to say this out of everything you could say at this moment. What is your gut feeling saying to you?
3. What did it feel like to say that? After you have spoken, pause again and check-in with yourself. Did it come out as you intended? How did the other person receive what you said and what was his or her response?

If you feel that your team could benefit from further support to communicate mindfully, we have an excellent offering available where one of our psychologists work with teams to develop the skill of accountable and mindful communication, fostering and promoting positive team dynamics and kindness at work.

Send us an email at eapservicetraining@eapservices.co.nz to chat more about this.



Our Counsellors are here to help
call **0800 327 669** to make an appointment or book online



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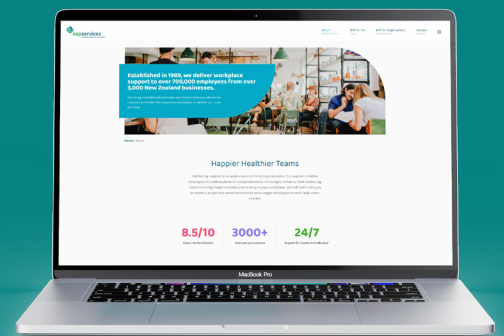
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