



Let's Talk About **HEALTHY COMMUNICATION**

Healthy communication is the foundation of strong relationships, with our families, friends, partners, and communities. It helps us express our feelings honestly, listen with respect, and resolve conflicts in a good way. When we communicate with kindness and clarity, we strengthen trust and harmony within our circles.

CONNECTING TO OUR CULTURE

In many Native teachings, communication is not just about words, it is about balance, listening with the heart, and honoring the spirit of others.

When communication feels hard, turn to the teachings and traditions that bring peace and clarity:

- **Talking circles** – provide a safe, respectful space where everyone can speak and be heard without judgment.
- **Time on the land** – reconnects mind, body, and spirit, helping calm emotions and clear the heart before returning to a conversation.
- **Prayer** – invites guidance, patience, and compassion into our words.
- **Guidance from Elders** – offers wisdom, perspective, and teachings that strengthen relationships and restore harmony.



For Relatives living in Nebraska

All Nations Crisis Textline

Text "Support" to 33464 to chat with an All Nations team member.

We are here seven days a week from 8:00am-Midnight.

Barriers like stress, trauma, or misunderstandings can make communication difficult. These challenges can cause people to withdraw, speak harshly, or feel unheard.

HEALTHY COMMUNICATION INCLUDES:

Listening to understand, not just to reply

Give full attention and acknowledge what others share.

Speaking with respect, even when you disagree

Use "I" statements to share your feelings instead of blaming or judging.

Being honest and kind

Truth can be shared gently.

Recognizing nonverbal communication

Body language, tone, and silence all carry meaning.

Taking a pause when emotions rise

Step away, breathe, and return to the conversation with calm.

REDIRECTING UNHEALTHY COMMUNICATION:

Notice the signs: raised voices, hurtful words, or shutting down.

Take a breath before responding; silence can be powerful medicine.

Reframe negative talk: instead of "You never listen," try "I feel unheard when..."

Acknowledge feelings: saying "I see this is important to you" can lower tension.

Call for a pause: agree to revisit the topic after emotions settle.