

WELLNESS LETTER

LANGUAGE

JANUARY 2024
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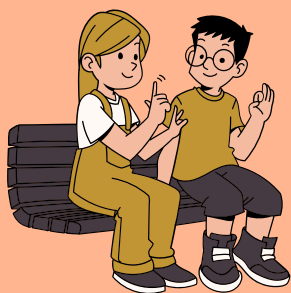
IMPORTANCE

Language can have a substantial impact on people's lives; used positively it can convey empathy and hope. Whereas language used negatively can be experienced as condescending and stigmatising. Research tells us that poor language ability can correlate to mental health challenges such as attention deficits, self-esteem problems, social withdrawal, and depressive symptoms.



NAME THE FEELING

Having language skills allows us to talk about how we are feeling, understand other's emotions, resolve conflicts, and negotiate. Naming emotions provides meaning which helps us to process and manage experiences in a healthy way.



COMMUNICATION

Language difficulties may present as not understanding what is happening around you, being unable to complete work to the same level as your peers, inability to express yourself, poor performance in tasks, getting in trouble for forgetting things, struggling to join conversations, lack understanding of jokes, difficulty making and keeping friends, being misunderstood or excluded.

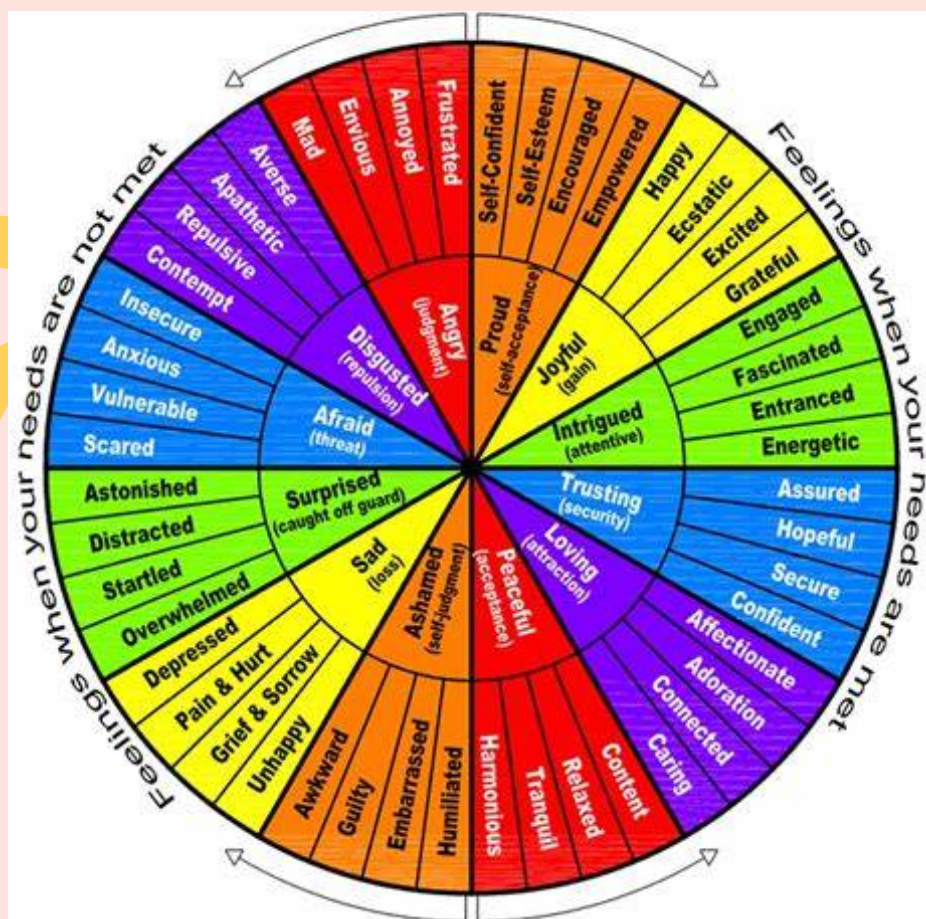
INCLUSIVE

Language is a powerful tool in creating and promoting inclusivity for people of different genders, sexualities, identities, plus cultures. Language can respect and affirm people's pronouns, preferences, experiences. By using correct pronouns, it validates a person which in turn has a positive impact on their mental health. People first language means to put the person before the diagnosis, e.g. "people with disabilities". Putting a person first highlights their abilities rather than challenges and indicates their condition is a part of them not solely who they are. To respect a person's cultural or religious belief may mean adhering to modest conversations to regard comfort levels. This may look like refraining from topics such as sex, abortion, blood donation whilst talking to them.

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FEELINGS/EMOTION WHEEL



RESOURCES

- [Brene Brown](#) '87 Human Emotions and Experiences' PDF
- [Daylio](#) mood tracking app with a variety of videos portraying different moods
- [Harvard](#) '8 Ways You Can Improve Your Communication Skills' article
- [Australian Government](#) Style Manual

CONNECT

