



HOW ARE YOU?

CHECK-IN 101

SHOWING CARE

ASK "HOW ARE YOU?"

Be sincere and prepared to spend some time listening.



LISTEN ATTENTIVELY

Avoid interrupting while the other person is sharing. Acknowledge that you're listening.

REFLECT & PARAPHRASE

Repeat what was shared to check understanding. Try not to outwardly react.



EMPATHISE, SHARE & DISCUSS PERSPECTIVES

Avoid providing solutions. Instead think in their shoes, and help them to view from different perspectives.



UPLIFTING & POSITIVE MESSAGE

Thank the person for sharing and end off with well wishes that are relevant to the situation.



**FIND OUT MORE
ABOUT THE HAY
MOVEMENT HERE!**





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RESPONDING TO CARE

SHARE YOUR FEELINGS

Try not to just say "I'm good" or "I'm fine". If you do, elaborate.



EXPLAIN WHAT YOU EXPERIENCED

Share more about what happened and what caused you to feel this way.



CHECK THAT YOU'RE BOTH IN SYNC

Share your story in parts to help the listener to understand.



OPEN TO DISCUSSION

Be open to discussions, be clear about your thoughts and honest about your emotions.

THANK THE PERSON FOR CHECK-IN

Show that you appreciate the listener's time.



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