



# HR Club

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## Effective Communication



Building good relationships with other people can greatly reduce stress and anxiety in your life. In fact, improving your social support is linked to better mental health in general, since having good friends can act as a "buffer" for feelings of anxiety and low mood. This is especially true if you are socially anxious and desperately want to make friends, but are either too fearful to do so or are unsure about how to reach out to others. As a result of these anxious feelings, you may even be avoiding social situations. Unfortunately, one of the consequences of avoiding social situations is that you never have the opportunity to:

- Build up your confidence interacting with others.
- Develop strong communication skills, that

would increase the chance for successful relationships!

### **Why are communication skills important?**

Communication skills are the key to developing (and keeping!) friendships and to building a strong social support network. They also help you take care of your own needs, while being respectful of the needs of others. People aren't born with good communication skills; like any other skill, they are learned through trial and error and repeated practice!

Three areas of communication that you may want to practice are:

- Nonverbal Communication
- Conversation Skills
- Assertiveness

### Read More:

<http://www.anxietybc.com/self-help/effective-communication-improving-your-social-skills>