

*“Be the CHANGE
you wish to see
in the world.”*

- M Ghandi



Thank you for joining today's **Form Score** Power Session and taking the time to contribute towards your self-care.

To get a grasp on Form Score it is important to:

- Practice deep breathing between business meetings and sending of emails. Too often, we are unaware of our shallow breathing.
- Be honest about you feel. Habitually we say that we are ok, when in fact we are not.
- Phone people. This helps us to develop and improve our communication skills – both listening and speaking.
- Hold space for others and be a good example. Learn to ask: “how are you doing really?”
- Be empathic, and not dismissive. We may not have been taught how to engage with others when they are feeling down, so we need to learn and practice.
- Remember that we all need to be heard, loved, cared for and appreciated.

Steps to take when Engaging with Others:

- **Instead of saying:** “How are you doing?”, we can say: “It’s really tough for you right now.”
- **Instead of saying:** “It could be worse”, we can say: “That sounds heavy.”
- **Instead of saying:** “You’ll be fine”, we can say: “I’m here.”
- **Instead of saying:** “The same thing happened to my friend”, we can say: “How did that make you feel?”
- **Instead of saying:** “Is there anything I can do?”, we can say: “Here is lunch or coffee.”
- **Instead of saying:** “I know how you feel”, we can say: “I can only imagine.”
- **Instead of saying:** “You’re handling this better than expected”, we can say: “You might not be feeling great, but that’s ok.”

Homework:

Reach out to a least one person every day who needs support, and give them your full attention.

Be in touch with your own Form Score, especially when engaging with others.

Practice deep breathing every day.