

How to be a Better Listener



We all want to be heard, accepted, validated, and understood. To achieve this, we must practice active listening. This is a communication technique that demonstrates you are fully and effectively listening to another person. While listening, they know you understand what they are saying because you are reflecting their message and recognizing

their verbal and nonverbal cues. Finally, you give feedback that reassures the speaker you have a mutual understanding of the discussion.

Here are the keys to active listening:

1. Demonstrate attention by looking at the person you are communicating with.
2. Show understanding of what is being communicated by responding such as paraphrasing or simple saying “I understand what you are saying.”
3. Validate the speaker’s feelings by expressing empathy.
4. Do not be looking at your electronic device or let other distractions interfere with your attention to the person speaking.
5. Pay attention to nonverbal cues. Body language can demonstrate what a person is trying to convey. Consider your own body language and ensure you maintain eye contact and an open, interested and engaged posture.
6. Ask questions to show genuine interest.
7. Listen before responding. Wait until the other person has finished speaking.

Check out this site to learn more about how to actively listen. [Active Listening Tips](#)

Understanding Cyberstalking: Steps to Protect Yourself and Stay Safe



Cyberstalking is the repeated use of electronic communications to harass or frighten someone. Cyberstalking involves unwanted, and threatening behavior over a period of time however, even a single intimidating message can be serious and should not be ignored. While cyberstalking can affect individuals of any gender, statistics consistently show that women are disproportionately targeted and experience higher rates of harassment and

intimidation online. Digital communication and online social media have increased everyone’s vulnerability to cyberstalking. Stalkers can use fake profiles, invade privacy, and even threaten your safety. Here’s what law enforcement, related associations, and other professionals recommend:

UR Medicine EAP
315 Science Pkwy
Entrance C
Rochester, NY 14620

(585) 276-9110
1-888-764-3456

Email:
EAP@urmc.rochester.edu

Website:
urmc.rochester.edu/EAP

1. Do not respond to or otherwise engage with the harasser. Responding can prompt continued harassment.
2. Block the number or the profile where the communication is coming from.
3. Take screenshots of the message as evidence and save them.
4. Technically cyberstalking is usually repeated unwanted behavior however, if you are concerned about even one incident, contact the police for guidance and the next steps regarding prevention and safety.
5. Cyberstalking events can be initiated by a person locating your phone number through public records. If your social profiles are set to public anyone can see your information. Adjust your privacy settings accordingly to ensure maximum security of your information.
6. Don't keep your experience a secret. Tell someone like a family member or friend.

Source: [Cyberstalking](#)

Achieve More Myths Keeping You from Psychotherapy Help

If you have ever decided against seeking counseling, was it because of one of these myths?



MYTH: The therapist will examine every detail from your past.

FACT: Professional counselors help you decide what you want to accomplish in counseling. It is up to you to which information you share with your counselor.

MYTH: People with mental illness are the only ones who need professional counseling.

FACT: Many counseling clients seek solutions for life's challenges. Having serious mental health concerns is not a requirement for seeking counseling support.

MYTH: The counselor will judge or criticize me.

FACT: Counselors are trained to be nonjudgmental and supportive so you feel safe and can work through your issues.

MYTH: Seeing therapy means I am weak.

FACT: Seeking therapy shows a willingness to address problems and work toward a healthier, more balanced life.

MYTH: Therapy takes a long time, and it might change my personality.

FACT: Therapy can vary in length, often leading to positive changes in only a few sessions. The focus is on coping and solving problems, not changing your personality.

This website offer suggestions of when to reach out for help: [American Psychological Association "How do I know if I need therapy?"](#)