



Listening Skills

How to become a better listener

- The Positivity blog has tips on how to become a better listener. <https://www.positivityblog.com/better-listener/>
- Live Bold and Bloom <https://liveboldandbloom.com/02/relationships/how-to-be-a-good-listener>
- Verywell Mind <https://www.verywellmind.com/strengthen-your-friendships-with-good-listening-skills-3144970>

Article on the power of talking

- Medical News Today An article which lays out the genuine, deeply influential effect that talking can have on people's health and happiness <https://www.medicalnewstoday.com/articles/322367.php>