

WHEN SAYING HELLO, HOW ARE YOU?,
FOCUS ON WHAT YOU CAN CONTROL



www.hellohowareyou.info

how people feel what people do how people react

when I choose to say hello

how I pay attention being non-judgemental

what I say **INSIDE MY CONTROL** how I signpost

encouraging empowerment

self-care my boundaries

other people's timelines

OUTSIDE MY CONTROL

if a person doesn't want to have a conversation

how what I say is interpreted



Mental Health
Ireland