

# The Conversation File

Remember the time when things may have been difficult, hope disappeared, confusion set in, but a small conversation with someone at the time really helped centre yourself again and bring back comfort?

Conversations matter. When in doubt, communicate. You, nor I, nor we, are alone. Most of all, the human brain does not come with instructions.

Welcome to The Conversation File. By signing and passing on this file to someone else, you are supporting the well-being of others. What is the conversation you ask? The conversation is....

**“The mind and the body are connected. The way we feel influences our healthy habits. Fear and anger suppress the strength of the immune system. I support others to seek conversations. It’s okay to not be okay. I try my best to adapt my communication to facilitate interaction with different personalities and emotional states. We can explore the world around us, rather than protecting the world as we prefer it. There are no beginnings or endings, only transitions. Each day presents the opportunity for us all to connect with people, be active, take notice in the moment, keep learning, and to give when we can.”**

## Instructions

- i) On the next page, log your name and information. Then, save the file.
- ii) Next, open your email, and send to others, such as colleagues, friends, family, and those who might benefit (that is, the action of passing on the conversation by sharing this file with others through email).
- iii) For each copy of the file, the 10<sup>th</sup> individual in the exchange can send the file to . That way, we can share the impact of how when we all come together, difference is made.

# The Conversation File

The following individuals have shown their support for others by sharing this copy of The Conversation File.

Exchange	Name (First and Last)	Date Signed	Location
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

 Please email this completed copy to

*Thank you for keeping the  
conversation going.*

# The Conversation File

Email template:

*To:* Colleagues, Friends, Family, Others who may benefit

*Subject line:* Your opportunity to support others (The Conversation File)

*Body:*

Good morning/afternoon,

Here is a quick action you can take to support the well-being of others. Change isn't easy, and what can help is the power of conversation. The approximate amount of time needed to attend to this email is ~5 minutes.

Check out The Conversation File (attached). I signed it myself, and our goal is for 10 people to sign this copy of the file!

Key message: sign the second page of the attached file and then pass on the file to someone else through email. Recycling this email template is welcomed.

Thank you for helping us to keep the conversation going. This small step could be a positive leap for helping someone.