

How **communication** helps your brain



Communication

There are two aspects to communication: how we communicate with others and our understanding when others communicate with us.

Benefits

Communication is important for forming relationships with family and friends. Having close relationships with others is important for our overall well-being and creating self-worth. Good and open communication with our families is shown to decrease the risk of depression, anxiety and suicidal thoughts, and behaviours such as violence, stealing and destruction.



In teens or young people, communication with family is shown to decrease risky behaviours, such as alcohol, tobacco and drug use.

Types of communication

There are four main types of communication that we use daily to let people know information, how we are feeling and what our needs are. They include:



Verbal communication:

Using speech and our voice



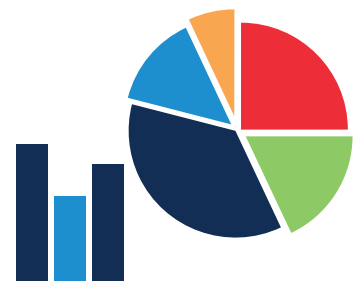
Non-verbal communication:

Using hand gestures, facial expressions and posture



Written communication:

Using emails, letters or other forms of written language



Visual communication:

Using aids to look at graphs and charts, etc.

Communication Sources

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