

# e-tips

## Talking Points



For more information or  
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### How Well Do You Communicate?

While we've been communicating since we were babies, we seldom take the time to review how well we are communicating with others. There is new evidence that links poor communication with physical and emotional illness. Good communication skills improve relationships, self-esteem and are essential to managing the demands of life. Take a minute to evaluate your skills. How well do you communicate? Do you have the skills you need to express yourself, set boundaries and resolve conflict? These bimonthly e-tips from Intermountain EAP can help you begin to assess and improve this vital life skill.

"Communication works for those who work at it." -John Powell

