

## Finishing conversations

While having a difficult conversation with a parent or carer about mental health can leave you feeling emotionally drained, it is important to make a conscious effort to finish up those conversations productively. This ensures both parties get the most out of these experiences and that there is clear communication about what has been gained, what went well, and what direction to take moving forward.

Ways of doing this are completely unique and can be tailored to the situation, but some helpful tips might include:

### Reflect positively

Even if your conversation might not have gone as well as you'd hoped, or if it was better than expected, take a moment to verbalise what was a success. Did your parent engage in active listening in a helpful way? Say so! Was a good amount of time set aside by your carer that allowed you to have this conversation? Tell them that you appreciate their time and recognise its value. Was the fact that the conversation had taken place at all, even if it didn't go as planned, something to celebrate? Their engagement shows that they care! :) A positive end to conversations such as these can help to balance them, show maturity, and encourage your parent or carer to engage with you next time.

### Acts of reconciliation

Deep emotional conversations can leave both parties feeling emotionally raw and can bring negative and painful emotions to the surface as we strive to deal with them. So, it is important to end these conversations with a reminder of the mutual love and bond that you share.

If your relationship with your parent or carer is not one in which hugging comes naturally, do it in your own style! The important thing is to show your love and appreciation for each other, in whichever way works for you :)

### Summarise

During difficult conversations, a lot of new and hard-to-process information can be introduced to both sides - some important parts being lost in the process! Try and finish your conversations with a recap to see that both sides understand and have taken in what has been said.

### Make a plan

This leads to the planning stage, where you can set aside topics for your next talk. It's okay to not cover everything in the one conversation - complex topics can take time to unpack. Time between talks can give your loved ones a chance to come to a deeper understanding in their own time and own ways.