



# Telling Your Story

## Why Storytelling Matters

Talking about experiences can help storytellers...

- Make sense of their experiences
- Cope with their emotions
- Connect with others
- Facilitate healing
- Build hope and resilience
- Raise awareness
- Reduce stigma
- Advocate for change

## Taking Care of Yourself

When telling your story, it may be helpful to...

- Be aware of your emotions and activators
- Set boundaries
- Seek support
- Practice gratitude and self-care
- Stay calm with techniques like grounding, breathing, and mindfulness
- Stories can be told in many ways: speaking, writing, art, music, etc. Tell your story in the most comfortable way for you.

## Empowerment Through Storytelling

- ☞ You are in control of how you tell your story
- ☞ Highlight personal growth and resilience
- ☞ Remember your strengths and positive attributes
- ☞ You are never obligated to share your story

# Responding to Stories



**Do**



- Respect storytellers' boundaries and pace
- Encourage and give positive feedback
- Use active listening skills
- Recognize and respect cultural differences
- Connect storytellers with resources and networks
- Encourage peer support and collaboration



**Don't**

- Pressure people to tell their stories
- Judge or criticize
- Interrupt or correct stories
- Make assumptions
- Lean on stereotypes
- Center the listener



## Tips

- Storytellers must feel physically and emotionally safe
- Some may feel more comfortable sharing after hearing from others with shared experiences
- Build a community which values and uplifts individual stories
- Create an inclusive and culturally sensitive environment