



## Nourishing Open-Mindedness

Being open-minded means being receptive to new ideas and information. The opposite is a rigid thinker who is unwilling to consider other viewpoints, beliefs, and feelings – known as closed-minded.

### **You can be passionate about your beliefs and still be open-minded.**

It just means that you still consider the views of others, even if you disagree. Especially in our professional lives, we'd probably like to think that we are receptive to new ideas and information, but that is probably not always the case.

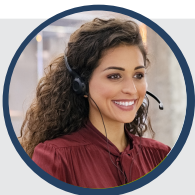
How can you challenge yourself to be more open-minded?

- Avoid having a knee-jerk reaction when you hear something initially.
- Avoid arguing and be respectful.
- Be curious and ask questions.
- Consider what the other person is thinking.
- Be humble about your own knowledge.
- Remember that others have a right to share their thoughts. Listening or asking questions does not mean that you agree.

Being open-minded will allow you to see all sides of a situation and be better informed.

**Do you feel like you tend to get into arguments or confrontations? Is it difficult for you to see others' points of view? If this is impacting you at work or in your personal life, consider reaching out to your Employee Assistance Program.**

Cherry, Kendra. "How to Be Open-Minded and Why It Matters". VeryWell Mind. March 22, 2023, <https://www.verywellmind.com/be-more-open-minded-4690673>



### **Your Employee Assistance Program**

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. To access these services, call or log on to get started.

**Toll-Free:**  
1.800.999.1077

**Website:**  
[www.EAPHelplink.com](http://www.EAPHelplink.com)

**Code:**  
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