

Use this with  
the Planning a  
Response and  
Body Language  
sheets

# REACHOUT



The REACHOUT technique was developed by the charity Changing Faces. It can help you feel more confident and relaxed in social situations.

## R

**Reassure** - If you notice someone looking at your eczema, put them at ease by explaining what it is. Use the 'Planning a Response' worksheet to help come up with an explanation you feel comfortable with.



## E

**Energy, enthusiasm and effort** - speak confidently, ask questions and use positive body language (e.g., smiling, looking people in the eye, having your arms by your side rather than crossed). Use the Planning and Response and Body Language worksheets to help you with this.



## A

**Assertive** - Be clear and calm when you speak to other people. Tell them how you are feeling and what you need from them. If what someone is saying is not nice, stand up for yourself and explain why you don't like it.



## C

**Confident** - Speak and act confidently by being prepared about how to explain your eczema and using positive body language. If you find being confident tricky, use the Worry Ladders worksheet to help with this.



## H

**Humour** - Being light-hearted and not taking things too seriously can help to put others at ease and show them that you are approachable and friendly. Making jokes can also help you control the situation and make sure it is positive.



## O

**Over There** - If you feel uncomfortable, try distracting them by drawing their attention towards something else. Distracting people can help to change the subject. You can do this by asking them a question.



## U

**Understand** - Although it can be tough, the stares, comments, and questions others have about eczema usually come from them being curious or not understanding eczema. By being confident and talking to them about it you are helping them to learn more about eczema.



## T

**Try Again** - Speaking confidently and dealing with other people can be hard. If things don't go as well as you'd like, try again. Practicing how you respond to other people will help you feel more confident.

