

Tips for giving a compliment

Be sincere

Keep it short

Be specific

Don't be afraid to compliment a stranger

Don't follow it up with a 'but'!

Tips for accepting a compliment

Don't push it away

Don't come up with excuses why it's not true

Don't deny it

It's OK to say "that's making me feel uncomfortable but thank you"

Let it in!

Don't come up with excuses why it's not true

Be mindful of your body language

Don't downplay it

Don't question the giver

It's OK to say "I'm finding this difficult to accept but thank you"

Just say thank you!