

# RESILIENT FAMILIES



This issue builds resilience in...

Equitable relationships

Healthy Mindsets

Want more help? Try **Sticky Strategies**

## Discover a powerful way to be appreciated more...

When you're caring for a family it's easy to feel undervalued and unappreciated. It can feel like you do everything for everyone and no one ever notices! This can lead to a vicious cycle of growing resentment and conflict where everyone feels criticised and becomes hyper-critical. Unfortunately, **the more miserable we become the less likely we are to be shown or told how much we're appreciated!** One of the most powerful ways out of this trap is to set off on a journey of discovery for a perspective that could change it all.

### Finding more things to appreciate is the key...

When criticism or frustration get a hold it can feel impossible to find anything positive or nice to say. This is normal but not very helpful. Although counter intuitive at first, it is really true that the more you appreciate others, the more they will express their appreciation for you. Thinking it is not enough though. The appreciation needs to be expressed in a way that the other person truly understands that you like what they're doing.

Here's a perspective changing activity that can help shift mental habits: every day for a week, set off for a 15 minute walk down your street or visit somewhere familiar. Make a mental note, going at a leisurely pace, of *at least 20 things* you've never observed before about that place. It may be the colour of the neighbour's front door or a bird's nest; anything that comes to your attention. This exercise retrains the brain. Done daily for a week or more, it will cause the mind to find more to appreciate in other familiar circumstances too, including loved ones.

### Don't allow familiarity to breed contempt...

When we get familiar (in relationships, workplaces, where we live) it's easy to notice the things we don't like and dwell on them. Left unchecked, it can lead to discontent, contempt and strained relations. **By expanding your awareness and encouraging others to do the same, you'll find more to appreciate. Best of all you'll receive more appreciation!** It's time to put on your explorers hat, get out the binoculars and set off to discover so much more through new lenses.

- ✓ Adopt the mindset of an explorer
- ✓ There's so much to notice but we do have to look
- ✓ When you tell others what you value, they'll do the same

**"Everyone wants to be appreciated, so if you appreciate someone, don't keep it a secret."**

Mary Kay Ash