



Discover more appreciation...

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 resentment and conflict and a cycle where everyone feels critical and criticised. The problem is that **the more miserable you become the less likely you are to be shown or told how much you're appreciated!** One of the fastest ways out of this is to get out your metaphorical binoculars and set off on a journey of discovery.

Giving more appreciation is the key to getting more...

It can seem counter intuitive at first, but it is really true that the more you appreciate others, the more they will express their appreciation for you. 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.

Here's a strategy to help. Every day for a week, set off for a 15 minute walk down your street or visit somewhere else you've been many times before, like a local shopping centre. Take a notebook and a pen, go along at a leisurely pace and write down at least 20 things you've never noticed before about that place. It may be the colour of the neighbour's front door or a bird's nest in a tree; anything that comes to your attention. This exercise will develop new perspective and voila! you'll begin to find more to appreciate in other familiar circumstances too.

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.

- ✓ **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

Encouraging women to develop and enjoy dynamic family relationships is Laurie's special focus. With four children, a clinical practice and as the co-founder of Bare Hands, she understands many of the challenges of modern day families and has spent the last 30 years studying and practising strategies and skills that really make a difference.



Laurie Morrison Co-founder Bare Hands, Mother, B.HSc, Strategic Psychotherapist.

Bare Hands
Practical life strategies for women

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit www.barehands.com.au