



Give yourself the gift of appreciation...

When you're committed to something, you invest time and effort. The 'something' could be your relationships, your family, your career or business, your faith, your education, volunteer activities, planning your next holiday or even daily meal planning. The more heavily you're invested, the more chance there is that you will feel unappreciated from time to time because no one else can really understand how much you do and how much effort you put in. If you have a family you're probably hearing alarm bells; raising a family requires incredible effort and, to top it off, you're dealing with children who can't possibly fully appreciate your efforts at the time. It's a sure recipe for feeling miserable, if you let it.

Give yourself the gift of appreciation

When you receive positive feedback and expressions of appreciation, it feels easy, even enjoyable, to keep going. The flip side, feeling like no one notices your efforts, can lead to feelings of resentment, a drop in motivation and other tangible flow on effects; bad moods spreading, people finding fault with each other and communication and moments of connection decreasing.

Everyone likes to be acknowledged and reciprocal appreciation is part and parcel of healthy relationships, however, **there are times when it's necessary to simply tell yourself, "You're doing a great job"**. If you maintain a focus on why you're doing what you're doing, work hard because you choose to, schedule time for self care and have realistic expectations of yourself, you'll feel so much better.

Do unto yourself, as you would have others do unto you

Some people don't speak their appreciation. They may show it by giving little gifts, seeking out one-on-one time with you, giving spontaneous hugs and kisses or by doing an act of service for you. Notice their efforts but don't be afraid to say, "I need you to tell me you appreciate what I do." For some people words of praise are just what they need.

Place value on what you do. If someone tells you that you did a great job don't say, "It was nothing." Say, "Thank you! I'm so glad you appreciate it."

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.

©Bare Hands 2015

- ✓ Reciprocal appreciation helps relationships thrive.
- ✓ A modified golden rule to antidote feeling unappreciated: *"Do unto yourself as you would have others do unto you."*
- ✓ Remind yourself, *"You're doing a great job!"*

"Learn to appreciate what you HAVE before time makes you appreciate what you HAD".

Unknown

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