



Protect your friends and find contentment...

One of the greatest protective factors against depression and low mood is social connection. Quality friendships, ones that allow you to just be who you are without judgement, decrease stress, anxiety and they build self-worth and belonging. However, something is harming quality connection and it's becoming a cultural epidemic...

Competition and comparison, the way to disconnect...

Definitions: **Competition** - the activity or condition of striving to gain or win something **by defeating or establishing superiority over others.**
Comparison - The quality of being similar or equivalent.

Competition and comparison against others, lowers self-esteem in the 'losers' because they feel 'less than' and 'not enough'. For the 'winners', anxiety increases because they feel the need to maintain status. The majority of people who experience low mood and depression commonly express feeling the need to compete and how they 'just don't compare'. The stress of keeping up today is causing vast numbers of people to withdraw and disconnect and it's damaging relationships with the very people we're trying to impress the most by virtue of 'achievement'.

It's time to stop the judgement and reconnect!

Imagine a week without competition or comparison. Friends could pop over and you wouldn't need to have a 'perfect' house, be 'done up' or feel the need to pretend that things are 'great' if they're not. Instead of comparing to other families or people and casting judgement, there would be curiosity. Once people drop competition and comparison it opens up the opportunity to learn from others, embrace the different strengths of a group and accept diversity. This builds; connection, trust, respect and incredibly sustainable relationships.

It's about proving how much you care rather than who's best...

Everyone's journey is unique and individual, which makes useful comparison nigh on impossible. Competition works best when it's based on personal bests and is about caring for yourself to be the best version you can be. Caring for others means embracing what is, without judgement, in a space of acceptance, being curious and grateful that someone can be vulnerably themselves with you and that you can do the same. Protect your friendships from harm and discover contentment and connection.

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

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- ✓ Real friendships protect against depression and low mood.
- ✓ Competition and comparison are friendship killers.
- ✓ Building trust and connection through acceptance and curiosity, makes for great friendship.

"Friendship is born at that moment when one man says to another: 'What! You too? I thought that no one but myself...'"

C.S. Lewis

Roxy loves helping women develop emotional resilience so that they can enjoy fulfilling and contented relationships, which survive the ups and downs of life. Having experienced the challenges of being a single parent, juggling being a mum and a practitioner, building a business or two and overcoming anxiety and post-natal depression, she has a vast knowledge of how to minimise the struggle and use practical strategies that really work!



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Bare Hands
 Practical life strategies for women