



The secret to feeling appreciated...

Do you raise an eyebrow when someone thanks you and wonder, *“What do they want?”* rather than basking in the moment and letting them know how much you appreciate their expression of gratitude? Sadly, feeling unappreciated often has its root in expecting too much of yourself and/or doing too much for others, both of which can lead to frustration and irritability. The giving and receiving of appreciation isn't just for special occasions, like birthdays, Mother's day or Father's day. It is a healthy habit to be nurtured at home and a skill for life!

Recognise where the problem lies

If you do everything for everyone all the time, your family, friends or colleagues may be quite justified in thinking how organised you are or how easily you seem to do it all, then take it for granted and think it's normal. This can leave you feeling bad because many people don't say, *“Thank you”* for the normal, everyday stuff. You could be your own worst enemy, running yourself to the point of exhaustion or thinking, *“If I just do a little more, surely then they'll appreciate me then.”* If you allow others to experience the effort of doing things for themselves and for the family, then help them from time to time, they're much more able to understand your effort and express their appreciation.

Delegation and appreciation are the secret

If you catch yourself thinking, *“I can't seem to please anyone!”* or *“No one ever notices what I do around here!”* this is a cue to: 1. Ensure you're not doing tasks for others that they can do for themselves 2. That you're not brushing off the gratitude of others by saying something like, *“It's nothing, don't mention it!”* and 3. That you're modelling how to say, *“Thank you!”* for a job well done by **noticing what others do** (because you're not doing it all!) and then **commenting on their effort** and how much you appreciate it. You'll be amazed at the results!

It's time to enjoy feeling appreciated

When you appreciate your own value it makes it so much easier to reinforce and enable others to feel appreciated and be appreciative too.

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- ✓ People who give and receive appreciation are joyful to live with!
- ✓ Sometimes doing less for them means they'll appreciate you more.
- ✓ Notice when others help and comment on their efforts.

“We can only be said to be alive in those moments when our hearts are conscious of our treasures.”

Thornton Wilder

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