

FEELING LIKE YOU MATTER IS ESSENTIAL TO MENTAL AND EMOTIONAL HEALTH

Making someone feel like they matter may seem like a small gesture, yet it can have a significant impact on one's mental health. According to the Coping Resource Center, and Dr. Gordon Flett, author and researcher, knowing you matter is feeling valued. Sometimes believing you matter is the hard part, but you can start by taking steps to remind yourself that you do matter. Some of those steps include:

Embrace Your Passions: Whatever you love to do, lean into it to help find a sense of purpose. Focusing on the things that you believe you are good at and bring you joy is a great first step at cultivating that you matter.

Reflect on your talents: What sparks joy in you and what are you talented in doing? Do not be afraid to speak up about where you believe your talents could be used.

Deepen Your Relationships: One of the best ways to feel like you matter is to make others feel like they matter! For instance, the next time you talk to a loved one, good friend, colleague or confidant, make sure to engage fully so they know you are committed to the exchange.

Contribute: You do not have to change the world. Saint Therese of Lisieux focused on "the little way," or doing the small and ordinary. Whatever way you can contribute, even small, will make a world of difference to your sense of value.

Speak Your Mind: There is nothing wrong with expressing your needs and mentioning that you do not feel like you matter. Let loved ones and those in your community or circle of friends know your feelings. If you do not feel supported, reach out to resources to help you evaluate the best next steps.