

## Wellness Works: April 2022 Authenticity

**“In order for connection to happen, we have to allow ourselves to be seen, really seen.” BRENÉ BROWN**

Authenticity is so important, but not always easy! Learning to be authentic means:

- Speaking your truth in an honest and respectful way while remembering to also value that others have different opinions and that is okay
- Making decisions that align with your values and beliefs and lived experience while also being respectful and aware that your values, beliefs and lived experiences may not be the same as those around you
- Pursuing your passions
- Listening to the inner voice guiding you forward
- Allowing yourself to be vulnerable and open-hearted when it is safe to do so
- Speaking up for yourself and others with courage and kindness in a way that is safe for all. Sometimes one person's truth can be another person's ally.

Did you know that studies have linked authenticity with increased levels of happiness, personal growth, improved self esteem and better relationships!? So, where do you start? Here are some ideas:

**Value your child's voice/opinion:** A child that feels valued and heard is more likely to feel confident and safe in expressing their true self. You can encourage your child to share their opinion by providing options and choices whenever possible, for example “Do you prefer milk or water with dinner?”. Another tip is to remember that you can respect your child's opinions and feelings and not agree with them!

**Celebrate differences.** Likely your child/ren will have some things they do or like that are different from your own likes and preferences. Make sure to celebrate the individualism of your child like that creative arts project or the chosen outfit for photo day. These are expressions of self and by celebrating and acknowledging, you are accepting and also teaching acceptance of others.

**Live authentically yourself.** Remember to model your own authenticity for your child/ren. This can be a powerful way to show your child/ren that it is okay to be your authentic self.

**Make a list:** Have everyone in the family/house make a list of their unique traits and qualities, likes and wishes. Share with each other. Acknowledging our own list can be a great start!