

Mental Health Monthly

April 2024

The monthly newsletter to help you fortify your mental wellness.



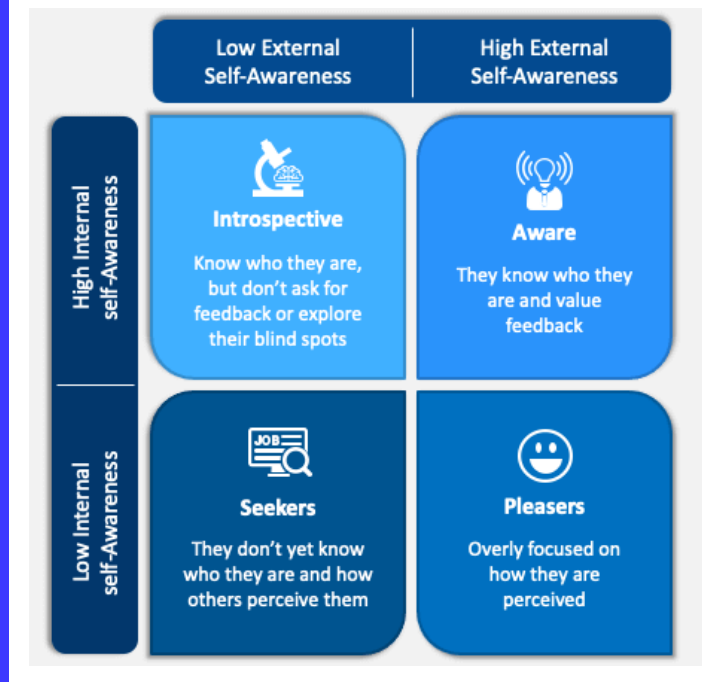
A note from the Editor

In continuation of our theme of growth and emotional intelligence, let's do a deep dive into the components of self-awareness.

Self-awareness refers to the ability to understand your strengths and weaknesses, to recognize and name your emotions, and to understand their effects on you and your relationships. "Self-awareness allows us to shift perspective, to see both hard realities and possibilities," explains Tasha Eurich, PhD, researcher and organizational psychologist, "We've found that people who are more self-aware are also more self-accepting." And additional research is backing up her statement! According to a 2016 study published in the National Library of Medicine, researchers found that practicing self-awareness and mindfulness improves self-acceptance, self-confidence, proactivity, and stress related to social interactions.

Unfortunately, after 10 years of surveying people about their levels of self-awareness, Dr. Eurich found that while 95% of study participants think they're self-aware, only about 10% to 15% of them fully are. So, take a second look! Who am I? What do I stand for? And how does that fit into my environment? In next series of newsletters, we will include topics around increasing self-awareness through understanding personality profiles, emotions, attachment styles, and love languages. Stay tuned!

Sutton A. (2016). Measuring the Effects of Self-Awareness: Construction of the Self-Awareness Outcomes Questionnaire. *Europe's journal of psychology*, 12(4), 645–658.



The four Self-Awareness Archetypes according to Tasha Eurich and the Harvard Business Review, 2018.

"Self awareness is the ability to take an honest look at your life without the attachment to it being right or wrong.

-Debbie Ford

Dear Erin,

Have an issue and want some feedback from the therapist? Look for a thoughtful response in an upcoming newsletter when you submit your question to: erinbarberlmhc@gmail.com

Upcoming Events

2 Day Wellness Retreat at Animal Sanctuary
October 19-20th, 2024
330 Spring Forest Dr, New Smyrna Beach, 32168
<https://bookretreats.com>

Stress Reduction Techniques: Relax, Get
Centered and Improve Your Mindset by NIH
May 2, 2024, 2-3pm ET, Zoom ID: 160 527 6872



What does that even mean?

According to Tasha Eurich in the article "What Self-Awareness Really Is (and How to Cultivate It)" published in the Harvard Business Review, self-awareness can be broken down into two overarching categories; internal self-awareness and external self-awareness. Being high in one category does not necessarily mean you are high in the other, resulting in 4 different archetypes:

Introspectors are highly aware of themselves but without challenging their own views or seeking out blind spots, their relationships can suffer and their success may be limited.

Pleasers tend to be hyperfocused on appearing a certain way to others that they overlook their own values and make choices that aren't favor of their own fulfillment.

Seekers lack awareness in who they are, what they stand for, and how they are seen, resulting in feeling stuck or unsatisfied in relationships and performance.

Being **Aware** means considering who you are, what you want, and others' opinions when making decisions, allowing you to get the full benefits of self-awareness.

Noteworthy Clinicians Spotlight

Dr. Tasha Eurich is an organizational psychologist, researcher, and New York Times best-selling author. She is the principal of The Eurich Group, a boutique consultancy that helps successful executives transform when the stakes are high. Pairing her scientific grounding with 20+ years of experience on the corporate front lines, she reveals the often-surprising secrets to success and fulfillment in the 21st century.

Resources

[Insight: The Surprising Truth About How Others See Us, How We See Ourselves, and Why the Answers Matter More Than We Think by Dr. Tasha Eurich.](#)

[The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive by Kristin Neff and Christopher Germer](#)