

Mental Health Monthly

May 2024

The monthly newsletter to help you fortify your mental wellness.



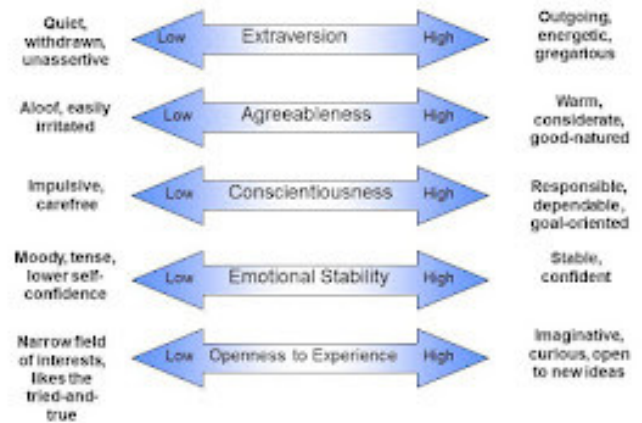
A note from the Editor

One of the most important facets of self-awareness is understanding personality profiles. Personality factors influence our perceptions, behaviors, and interpersonal dynamics. The more we are aware of our natural tendencies, the better we are able to make decisions that ensures our best outcome.

Understanding personality types in ourselves and others helps in many areas of emotional intelligence, starting with knowing our strengths, weaknesses, and the "why" behind our intentions. It helps us to to chose our best occupation, environment, friends or partners. It can help us to build empathy, improve communication, and resolve conflict. Understanding personality helps us to work on a team most productively, solve problems most efficiently, and grow into different parts of our profile that give us the utmost value.

There are many theories about personality types, but beginning with the research of D. W. Fiske (1949), and later expanded upon by others, including Norman (1967), Smith (1967), Goldberg (1981), and McCrae & Costa (1987), evidence suggests personality theory can be broken down into 5 basic dimensions using the acronym OCEAN; Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism. Making note that each dimension is on a spectrum, read on to learn more about personality profiles and consider how you might use this information to meet your goals!

The Big Five Personality Dimensions



Tupes and Christal, 1961

“The curious paradox is that when I accept myself, just as I am; then I can change”

-Carl Rogers

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

<https://www.verywellmind.com/the-big-five-personality-dimensions-2795422?print>

Upcoming Events

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

NAMICON Convention; Elevating Mental Health
June 4-6, 2024
Sheraton Denver Downtown Hotel, Denver Co



What does that even mean?

Openness refers to one's willingness to be open to new experiences and engage in imaginative activities. People with a high level of openness tend to be curious and unconventional instead of predictable and preferring routine.

Conscientiousness describes a person's ability to control impulses and engage in goal-oriented behaviors. Those who are highly conscientious tend to be organized and disciplined instead of careless and impulsive.

Extraversion refers to how much someone wants to interact with their environment and the sources from which one draws their energy. People highly extraverted tend to be outgoing and energized by social interaction, as opposed to being reserved and preferring solitude.

Agreeableness refers to how one wants to interact with their environment and in relationships. Those who are highly agreeable tend to be trusting, compliant, and empathetic as opposed to skeptical, stubborn, and unsympathetic.

Neuroticism refers to how one sees the world. People who are highly neurotic tend to view circumstances as threatening or difficult resulting in anxiety and stress instead of feeling calm and resilient.

Noteworthy Clinicians Spotlight

Dr. Jordan B. Peterson is an author, psychologist, online educator, and Professor Emeritus at the University of Toronto. With his students and colleagues, Dr. Peterson has written 3 books, lead several seminars, published more than a hundred scientific papers advancing the modern understanding of alcoholism, antisocial behavior, play, emotion, creativity, competence, meaning, theology and personality.

Resources

[Understand Myself; A Personality Assessment created by J.Peterson, D. Higgins, and R. Pihl](#)

[Meyers-Briggs Type Indicator online self assessments](#)

[12 Rules for Life; an Antidote to Chaos by Dr. Jordan B. Peterson](#)

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