

Good morning and happy Monday team!

I hope you all had a wonderful weekend. This week, **let us reflect our true values**. You have probably heard sayings about how our relationships are a reflection of who we are. While this belief does not hold true with every single relationship in your life, it can be highly accurate for most of your significant relationships.

Self esteem relates to your inner thoughts and beliefs. These beliefs are manifested in our actions. And through these actions, we show others how we want to be treated and valued. You have the right to choose what you do; however, your choice will reflect and inform others on what they can do. Whether you choose to set boundaries, stand up for yourself, let go of relationships that are no longer serving you, or anything in between. Show others that you know you are amazing and deserve respect.

- **Mindful Interactions**: Does your energy shift depending on the situation you are in or the people you are with?
  - Make a weekly plan to spend time with someone who leaves you feeling energized
  - Create boundaries with people who leave you feeling negatively
- **Impactful Letters**: Our relationships have a tremendous impact on how we value ourselves and how we react to others' perceptions of us.
  - Write a kindness letter to yourself
  - Write a kindness letter to someone else
  - Think of people who have impacted you in your life in significant ways. Write a letter to one of these people, letting them know how they have influenced how you value yourself (Positively or negatively: You never have to send the letter)
- **Keep Setting Boundaries**: Creating firm boundaries is a powerful way to show others how they should treat us and how we want to be valued.
  - You are worth your boundaries
  - **Hold that shield up to protect yourself** emotionally and physically
  - Remember: **Just because you throw a shield does not mean you throw a sword**

"Mutual caring relationships require kindness and patience, tolerance, optimism, joy in the other's achievements, confidence in oneself, and the ability to give without undue thought of gain."

- Fred Rogers

Peace,  
Maggie

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For an Emergency, Call 911 or the National Suicide Hotline: 1-800-273-8255