

# THE MONTHLY MENTAL (Reset)



## Who are we?

I am Jenelle Hampson, a licensed mental health therapist, and I firmly believe it is essential to take time to check-in on our mental and emotional health. Since our lives are so busy, it's easy to get trapped in autopilot and let our minds and emotions run wild. A mismanaged mind can leave us feeling full of anxiety & depression, emotionally reactive, and struggling to be present enough to live a content and purposeful life. My goal for "The Monthly Mental" is to help you check-in and reset your mind and your heart to align with the life you want to live.

## Mental Check

Where is your mind at this month... Why is it important to think about what we think about; because **what you believe about your life is more real than what is actually happening**. I don't know about you, but when I had this epiphany, it blew my mind, and not in a good way. It was that moment I realized I needed to check-in and evaluate what I believed about my life. This month's question: How often are you reacting to your life vs. proactively responding with control and intention?



## Heart Check

Where is your heart at this month... It is vital to take time to check-in on our emotions and evaluate our inner emotional dialog. Shame and guilt are very prominent emotions and subconsciously direct a lot of our internal dialog. If we don't check-in on ourselves, our motivation can be driven by shame and guilt (i.e. what's wrong with me, I failed my diet this week, I failed my workout commitment, my house is a mess, I am a mess). You rarely get long-term results from a shame-based foundation.

This month's question: How can you give yourself more grace this month?

# MONTHLY MENTAL

## Mindset & Strategy

### Topic: People Pleasing

## About People Pleasing



People pleasing is a behavioral tendency to prioritize meeting the needs and expectations of others over their own. These individuals often go to great lengths to gain approval, avoid conflict, and maintain harmonious relationships. They frequently put their desires, opinions, and boundaries aside to satisfy those around them. The root cause is usually from a level of emotional neglect as a child (i.e. a parent who was emotionally unavailable and often acknowledged the child based on their accomplishments and good behavior). This dynamic creates a deep need to secure love and value in relationships through pleasing others.

## Mindset Shift

One of the hard truths about people pleasing is realizing it's rooted in a self-focused desire to earn love or ease your pain. People pleasers often fix other's problems because they want to control their pain by controlling the situation or ease the discomfort they feel because someone else is uncomfortable or struggling. The first mindset shift is to start recognizing the moments you say "yes" when you want to say "no" or the moments when you jump into action to save others. Start asking yourself why you are prioritizing other's needs over your own. What thoughts and emotions are coming up during those moments.



## Strategy Implementation

Now, it's time to take action! You can start by delaying your answer when someone asks for your time or resources. This will help you interrupt the habit of jumping to your "yes" or jumping in to save someone before they even ask. Interrupting the habitual response is the first step to rewire your brain and move from reacting to responding. Remember that saying "no" is not selfish; it's necessary for your well-being.