



Receiving and the Benefits to Our Wellness

Receiving can be just as impactful as giving, yet many adults struggle with it. Positive psychology highlights the importance of receiving for mental and emotional wellbeing, as it supports a balanced and fulfilling life.

Different Ways to Receive:

1. Receiving Help

Accepting help allows others to display their support and strengths, while helping us manage stress, increase efficiency, and prevent burnout. When we allow ourselves to receive help, we foster a sense of connection with others.

2. Receiving Compliments

A simple “thank you” when someone compliments us nurtures our self-worth and counters negative self-talk. Embracing compliments helps us recognize our strengths and can help us build confidence over time.

3. Receiving Feedback

Constructive feedback, though sometimes challenging, provides opportunities for our growth and self-improvement. By welcoming feedback, we open ourselves up to perspectives that can help us learn and excel personally and professionally.

4. Receiving Acts of Kindness

Allowing others to perform kind gestures, like offering a seat or treating you to coffee, can create a sense of gratitude and connection. This fosters positive emotions and contributes to your overall happiness.

Why Receiving Matters for Wellbeing

1. Acknowledge Our Worth

Receiving reminds us we’re valuable and worthy of others’ time, support, and kindness.

2. Enhances Relationships

Mutual support creates trust, deepens relationships, and encourages more acts of kindness.

3. Boosts Emotional Resilience

When we receive, we practice openness and gratitude, both associated with emotional resilience and lower stress.



Reflective Activity: How Well Do You Receive?

1. Think About Your Reactions

Reflect on how you respond when someone gives you a compliment, offers help, or performs a kind act. Do you feel comfortable accepting, or do you tend to deflect or downplay it?

2. Rate Your Comfort with Receiving

On a scale from 1 to 10, rate your comfort level with receiving in each area:

Compliments ___/10 Help ___/10 Feedback ___/10 Acts of kindness ___/10

Use this as a baseline to work toward becoming an even better receiver.

3. Reflection Question

What is one area where you'd like to become a better receiver? Consider sharing your goal with a friend or loved one who can encourage you along the way.

4. Try Receiving Mindfully This Week

Challenge yourself to say "thank you" without qualification or deflection when you receive something. Notice any discomfort and try to embrace the positive feelings.

