

Thrive 365 #21

Did you know?

Having a sense of purpose in life is hugely important to our wellbeing. As well as being good for our mental health, research has shown that a sense of purpose can reduce the risks of heart attack, stroke and even offers a protective factor against Alzheimer's! But how can you help young people develop a sense of purpose?

What can you try?

1. Teach them empathy

Empathy is a cornerstone for having a sense of purpose. Talk about your feelings to them; give names to the feelings; have conversations about how other people might feel - people in books, on TV, or friends and relatives; praise them when they show consideration for other people's feelings and point out examples of other people's empathy.

2. Point out inspirational people

People aren't usually inspirational by accident – chances are they have a strong sense of purpose! Talk about what makes them inspirational - what qualities and skills do they have? Point out the qualities and skills that your young person has and give examples of when they've demonstrated them. Ask them if there are any skills they'd like to develop.

3. Make sure they do what they say they will

Give them responsibilities and make sure that when they've committed to something, they keep their word. Whether it's bringing the dirty glasses and cups down from their room, walking the dog or phoning their gran - let them know that it matters.

We hope you find this knowledge useful. Warm wishes, Claire and Rachael, Dragonfly Co-founders.

TALKS

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