THE EMPOWERED ATMA

Dive into Holistic Self-Care

The Importance of Authentic Community on Mental Health

What is the importance of having a sense of belonging?

Being part of a community can have a positive effect on mental health and emotional wellbeing. The key is that it has to feel authentic and align with your positive wellbeing. A community can be disruptive and destructive if there is no commonality, synergy, or acceptance of each other. When you are involved in a well fit community it can provide a sense of belonging and social connectedness. It can also offer extra meaning and purpose to everyday life.

Community doesn't have to mean you hang out with so many people, it can just be a shared space or group of people with some common denominator. There is an important saying "You can do **anything**, but you can't do **everything**" in which I believe is rooted in understanding that you shouldn't be pressured into thinking you can do it all on your own. Your community should be something that allows your soul some respite and your physical self some help. Always remember your own interests, abilities, and goals should never be compromised because if they are compromised, you will feel a sense of being astray.

Article Highlights in This Issue

Authentic Experiences
Mental Health

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How To Find Community

Where should you look for it?

When looking for a stronger sense of connection, you have to start with self-reflection. Being aware of what's important to you can help you find ways to connect with other like-minded people.

Interests, Values, Beliefs
Ask yourself: What do I like to do? What are my values? What do I believe in? These questions will help you identify what makes you, YOU! Knowing what makes you feel joy helps set a foundation for what type of activities, classes, or clubs you can participate in. Now days there are so many groups that get together online on zoom calls, which can help you really meet people who have the same values and interests as you do.

I encourage you to find something that feeds your soul and brings contentment and joy to you so that you can truly feel connected to your surroundings. Having human connection and feeling accepted for who you truly are can give you a sense of validation and self-worth. Having a trustworthy community can also give you opportunities to try new things in a safe environment without feeling judged.

Perhaps you enjoy painting and could try joining a monthly art class. Or maybe you've always wanted to try tennis and could try joining a beginner's class at a tennis club. The possibilities are endless, and you might find it easier to connect with others while doing activities you enjoy.

Where you find community is up to you; there is no one-size-fits-all. Keep trying to find your sense of community if you haven't found a strong sense yet, I promise it will happen! No matter if your community is big or small, finding people you connect with is vital for your mental health. Remember, you are an amazing person and just as it's important for you to find your community, it's also important for others to have you as a part of their community. We all need each other.

In the past, communities were absolutely vital support structures for society to function, now days people can go about their day on their own without knowing how it negatively affects us. You know, just order things online and you never have to step out. Is this new way affecting us negatively? When was the last time you smiled at a stranger, or learned a new point of view without seeing a fighting frenzy in the comments section online?

Are you curious how to find community that feels authentic? Are you feeling out of balance and want to know what you can do to help yourself? Visit www.empoweredatma.com for more tips on how to find out what your inner guide is asking of you.

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