

# Mattering & Strengthening Social Connection

- Mattering develops in relationships of reciprocity
  - Receiving & Giving support
- Groups with more limited opportunities for reciprocity
  - Youth
  - Older adults
  - People with disabilities including mental illnesses
  - Economically disadvantaged
- Mattering
  - Powerful influence on motivation
  - Supports resilience & adaptability
  - Can be cultivated and modified

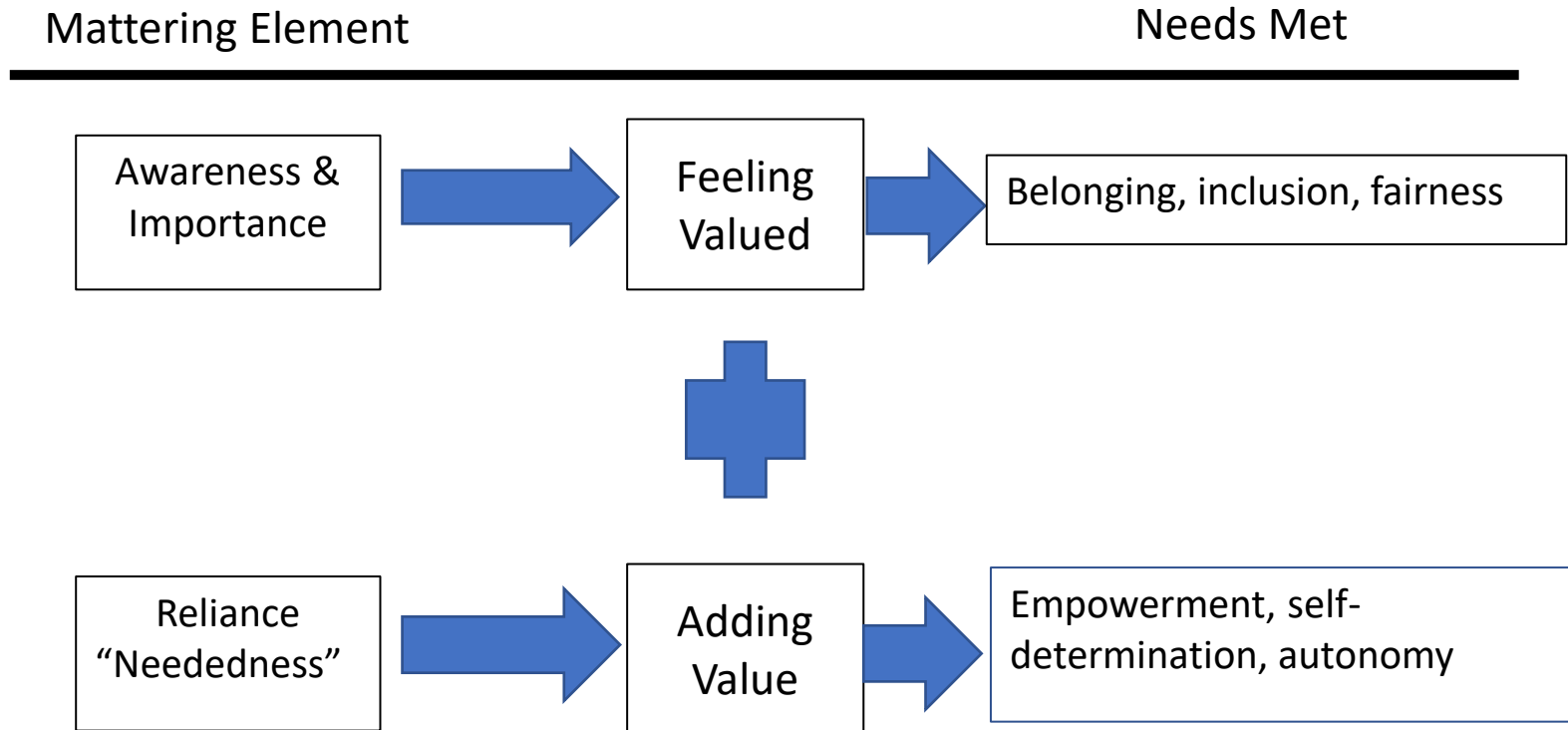
# What is Mattering?

- Component of self-esteem

1. Belief others are actively paying attention to us → Awareness
2. Feeling that others regard us as important → Importance
3. Sense that others depend on us → Reliance

# Mattering Model

## Feeling Valued & Adding Value



# Mattering & Health Outcomes

- Youth
  - Lower risk of suicidal ideation
  - Reduced anxiety & depression
  - Reduced odds of family violence
  - Reduced self-destructive behavior
- Working age Adults
  - Reduced odds of suicidal ideation
- Older Adults
  - Overall wellness

# Creating a Culture of Mattering

- Awareness
  - Ensure people know they are seen
  - React with compassion when clearly needed
  - Express gratitude
- Importance
  - Inquire often about what someone thinks/wants
  - Ask for people's opinion
  - Demonstrate consideration for their welfare
- Reliance
  - Ask people for their assistance
  - Give people responsibility
  - Encourage use of talents & skills