

Investing in Our Wellbeing: Feeling Valued & Adding Value

Dr. Isaac Prilleltensky of the University of Miami researches the science of *mattering*, which boils down to two essential components: *feeling valued* and *adding value*. In our lives, we come to feel that we matter through our experiences of both deriving value from, and adding value to ourselves, our relationships, and our community. This reciprocal relationship allows us to feel truly connected.

And the greater the levels of justice we experience along the way, the higher our wellbeing. In other words, if there is no fairness (in the way we treat ourselves, the way others treat us, and our position in the community), there is no wellness. Advocates for social justice have long known the importance of this work, and Dr. Prilleltensky's research validates what we know to be true – that justice is critical on the path to healing.

Building resilience capacity in ourselves and the survivors we work with is about investing in ourselves, relationships, and communities – the positive benefits of adding value to these connections is truly immeasurable.

