

# Toronto Psychotherapy Clinic Mahaya Health Services Explains the Critical Importance of Self-Worth

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Mahaya Health Services, a Toronto psychotherapy clinic, is becoming increasingly concerned that so many people in today's modern and stressful age do not understand the importance of self-worth and how it can affect who and what they are. The clinic recently published an article on the subject.

Self-worth is defined by the dictionary as "one's worth as a person, as perceived by oneself." The definition is seemingly straightforward but how an individual defines their own self-worth is not. If a person believes that they are a good person then they are likely to believe that they deserve good things. Their valuation of themselves is good and they have good self-worth.

A problem arises when someone does not believe they are a good person. The problem is exacerbated when the truth is that they are not really a bad person at all, but just think they are. Consequently, they believe they do not deserve good things, only bad things. Their valuation of themselves is poor; they have bad self-worth.

Vaishali Patel, one of the therapists at Mahaya, said "We know that while it is essential for our opinion of ourselves to come from within, it also is strengthened when reinforced by affirmation from others. But it can become almost like an addiction when we need more and more of that outside validation."

As Mahaya is an alternative health clinic that operates in several modalities, its therapeutic sessions are available for and welcoming for all people. They offer treatments for individuals, families or groups, and can take treatment approaches from CBT to Integrative to Gestalt therapies.

Patel continued, "Many people understand that the emotional work that has to be done to feel better can only be done by the patient. But what a lot of people miss is that the work has to be done by that patient but the patient doesn't have to do the work alone. That's what we are here for."

Mahaya staff offer encouraging messages via its Instagram account at [https://www.instagram.com/mahaya\\_health\\_services/](https://www.instagram.com/mahaya_health_services/). Sometimes, something as simple as that can make a

big difference not only in a person's day but potentially in their life as well.

It has been reported that people who use social media heavily are less happy and less satisfied with their lives than people who do not. A recent article published on the Mahaya Health Services blog talked about outside validation being something that must be handled with care.

It can be easy to take the opinions of others to heart and to suffer mightily about their perceptions. But it's important to consider who the people are that are being given this power to evaluate, the article states. Possibly it could be the entire social media world. If so, perhaps this means their opinions don't carry the weight a person might think at first glance.

It's particularly important that people realize that if they depend on others for their self-validation, and they don't get enough of it, they can start to question their own self-evaluations and beliefs, which can lead to getting tangled up in emotional knots.

Kira J., a recent client of Mahaya Health, said "I have struggled all my life with self-worth, but it was only recently that I realized I had been doing myself a disservice with the way I thought. I am an avid social media junkie and I found Mahaya Health's Facebook page <https://www.facebook.com/MahayaHealth> online and I found it incredibly helpful and encouraging. I realized that my belief system in who and what I am was flawed and so I got in touch with them and they have helped to put me back on the right track."

Having a positive view of self-worth is critical to a person's emotional well-being. The way people think of themselves affects their every waking moment. It is hard to be happy and feel valued as an individual when self-worth is unduly and negatively influenced by outside factors. Mahaya Health helps individuals to understand how they can improve the way they think and value themselves.

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## **Mahaya Health**

*Mahaya Health is an integrative healthcare clinic in downtown Toronto. They offer naturopathic medicine, acupuncture, traditional Chinese medicine, psychotherapy, classical osteopathic manual therapy, registered massage therapy, and physiotherapy.*

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