

SELF LOVE

“You yourself, as much as anybody in the entire universe, deserve your love and affection.”
—Buddha

We are taught to be kind to other people, but how kind are we to ourselves? Many of us don't think about the care and love we give to ourselves, being focused instead on the importance of caring for and loving others. Learning to love yourself can be challenging. “Self compassion is a practice of goodwill, not good feelings”, says Dr. Kristin Neff, an expert on self compassion. Neff goes on to define self compassion as a mindful acceptance of pain (and acceptance that pain is temporary), reacting with care and kindness to yourself, while remembering that imperfection is a part of the human experience.

But spending time and effort on loving yourself is just as important, if not more important, than spending time and effort loving other people, and can also improve the health of your relationships! Other benefits include higher self-esteem, less stress and anxiety, a healthier lifestyle, and feeling more comfortable handling adversity.

So how do we turn our care and kindness from only benefitting others and use some of it on ourselves? Below are the three areas of self love (or self compassion). Below each you will find some ideas for how to increase them within your relationship with yourself. Also try out the Self Love Daily Check In on the other side of this page to help you put some of these ideas into practice!

SELF KINDNESS

(vs Self Judgment)

- Recognize your inner dialogue
- Challenge negative thoughts and perceptions about yourself
- Use positive self talk and cut out negative self talk
- Forgive yourself for mistakes
- Set healthy boundaries with others
- Take care of your body, soul, and mind

Think to yourself- would I talk to a friend who was struggling with something the way I am talking to myself about it?

COMMON HUMANITY

(vs Isolation)

- Acknowledging that mistakes, difficulties, and pain are things that everyone goes through
- Stop comparing yourself to others
- Challenge your story about yourself
- Forgive yourself for mistakes
- Reach out for support

Everybody messes up and goes through painful things some-times.

MINDFULNESS

(vs Over Identification)

- Focus on one thing at a time
- Recognize and accept your feelings, just as they are
- Value your feelings as tools that can help you realize what you need
- Take time out to breath and be present
- Try some mindfulness exercises
- Make a list of things you are grateful for each day

Make it a point to take small breaks throughout the day, just to breathe and be fully present.



3 THINGS I DID REALLY WELL TODAY:



TODAY I CARED FOR MYSELF BY:

BODY MIND SOUL

ONE MISTAKE I MADE TODAY WAS: _____

WHAT I LEARNED FROM THAT WAS: _____

INSTEAD, NEXT TIME I CAN TRY: _____



2 THINGS I NEED TO FORGIVE MYSELF FOR:



UNCOMFORTABLE EMOTIONS I ALLOWED MYSELF TO FEEL TODAY:



A BOUNDARY I SET TO PROTECT MYSELF:



A BOUNDARY I'M WORKING TO SET:



3 THINGS I'M GRATEFUL FOR:
