

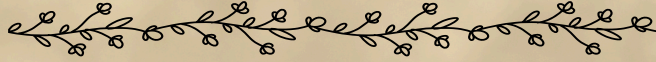
# What is Self Love?



Self love is something we don't talk about much but is a major part of mental health. It is the practice of caring for your own wellbeing and happiness.

We are taught to be kind to others but what about ourselves? Self-love involves showing yourself that same kindness and understanding that you would give a loved one.

Below are some ways to identify and show self love.



- Connect to your heart by touching your hand to your heart. Feel it beating.
- Check in with yourself. Connect with your inner dialogue and work on changing those negative thoughts into positive ones. This isn't easy and takes lots of practice but once you start changing the negative thoughts you will see how much better you feel.
- Forgive yourself for mistakes and move forward taking with you what you can learn so you not to make the same mistake again.
- Set healthy boundaries with others and stick to them. It is okay to say no. and not feel guilty about it.
- Don't compare yourself to others. Each of us is on a separate path. What we see in others lives may not be the reality.
- Identify your needs and try to fulfill them. Do you need a break, to eat something, fresh air, a nap or maybe a hug?
- Write in a journal daily to help you stay focused and include the following:
  - 3 things you did really well today.
  - What you did to take care of yourself today.
  - One mistake I made today, what I learned from the mistake and what can I do next time to avoid making the same mistake.
  - A boundary that you put in place and a boundary that you are working on,
  - 3 things you are grateful for.
- Eat healthy and exercise, it really will help your mental and physical well being.

**Self love takes time, care, and continued practice. It is not a destination but a journey.**

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

If you have any questions or would like to discuss this further please contact  
Cyndie Gilliam LMFT TANF Therapist @  
760-330-3913 or cgilliam@sctca.net

