

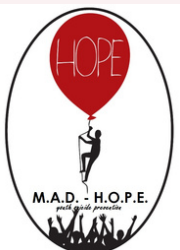
Self Love

"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, focusing instead on the importance of caring for and loving others. 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.

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.

How do we turn our care and kindness from only benefitting others and use some of it on ourselves? 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!



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Neff, K. (2024) *Self Compassion*. <https://self-compassion.org/>



3 Things I Did Really Well Today:



Today I Took Care of 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 am Working to Set:



3 Things I am Grateful for:

