

# The importance of self-love

Self-love is a term that's batted around often, particularly in the 'self-help' world. It makes some people feel uncomfortable and simply confuses others. It's a concept that makes many cringe, and it's often confused with arrogance or self-obsession. Yet, despite the confusion, there is a sense that this unfamiliar way of being may offer some relief from the harsh cries of self-criticism and self-depleting thoughts.

## How does this improve our mental wellbeing?

People who are compassionate towards themselves have greater emotional resilience. Self-compassion can reduce anxiety and depression and help us navigate difficult circumstances with greater ease. It's for this reason that we'd recommend trying to see through the lens of self-compassion whenever you notice negative self-talk. This small change may give you a new perspective on life. The tips below should help you to boost the levels of self-love in your life.



### Mindfulness

Mindfulness can help us to pay more attention to our inner self-talk. Paying attention to thoughts as they arise helps us to notice when negative narratives have taken over. Mindfulness involves approaching these situations with openness and curiosity rather than reactivity. Meditating can help take your mind off the tracks, calm your worries, and regain control emotionally.



### Self care

Self care can help cultivate feelings of self-compassion and release tension in the body. Make sure you choose something that makes you feel relaxed and happy. It could be a bath, a walk, listening to music or reading a book. This time for you offers a chance to relax, reconnect and remember that you are only human.



### Treat yourself as you would a friend

When things don't go to plan we can be extremely hard on ourselves and say things that we'd never say to a friend. Taking responsibility for our actions is a good thing, but there's a difference between making a mistake and believing that you are a bad person. That's why it's important to challenge critical self-talk when it arises and reframe these thoughts in a positive way. When it comes to others, you understand that they make mistakes and you're likely to be more patient and supportive with their needs. Try to adopt this approach when things don't go the way you planned, it can help boost resilience and strength during difficult times.

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