

Learning to love yourself for a healthier life

Who will you spend the most time with today? A family member? A friend? Your boss or significant other? It may come as a surprise, but the person you'll spend the most time with today is yourself. It's also the only relationship you can be sure you'll have for the rest of your life. That is why loving yourself is important to being happy in life.



Photo above by Pheelings Media, below by AaronAmat, courtesy iStockphoto

Quick facts on self-love:

1 Self-love is not about being selfish, self-absorbed or narcissistic. It's an appreciation of yourself that supports your physical, mental and spiritual growth. Self-love starts with self-care.



2 Positive affirmations can foster self-love. Throughout your day, affirm positive attributes about yourself. Some phrases to use are "I am worthy," "This too shall pass" and "You got this!"

3 Guilt and regret can take a huge toll on your mental and physical health. So learn to embrace your mistakes, learn from them and move on.

4 Mindfulness is about letting go of the past and the future by being completely aware of what's happening in the present. Mindfulness can improve mood and overall quality of life.

5 You're responsible for your own happiness. Look within for fulfillment rather than looking to other people to fulfill you. No one can make you truly happy but yourself.



>> For more self-care tips, visit bit.ly/nimh-selfcare.