

“Celebrate You! Self-Love and Self-Compassion”

Self-Love and Self-Compassion: 12 Useful Techniques

There are many ways to bring more self-love and self-compassion into your life. Many of these practices are easy and even free, with invaluable benefits. You can learn more at: <https://positivepsychology.com/self-love-exercises-worksheets/>

Here are 12 ideas:

1. Avoid labeling yourself
2. Don't deprive yourself
3. Listen to your gut/establish boundaries
4. Make your needs clear
5. Nurture yourself
6. Prioritize your health and happiness
7. Remind yourself of your positive qualities each day
8. Make peace with your past
9. Reward yourself
10. Don't sabotage your health and happiness
11. Watch out for black-and-white thinking
12. Take care of your body through healthy eating

Find out more about using a Self-Love Journal here: <https://positive.b-cdn.net/wp-content/uploads/Self-Love-Journal.pdf>



If you would like more information or want to speak with your HTC Team about Wednesday Wellness, please contact Diane or Alicia at (208) 381-2782.