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# MENTAL HEALTH MEMO

## SELF LOVE AND COMPASSION

Sometimes, it's easier to love others than it is to love ourselves. But if we fail to love and care for ourselves, how can we give the love we want to others? Here are tips on practicing self-love and compassion.

- 1 Talk nice to yourself. If you wouldn't say that to your best friend, don't say it to you. The more you talk nicely to yourself, the more your brain will make connections to feel loved.
- 2 Forgive yourself. As humans, we make mistakes. Allow yourself to learn from these experiences and try harder next time not to do it again.
- 3 Challenge negative thoughts. When self-doubt creeps in, ask yourself is this factual or phony?
- 4 Provide basic care: If you are stressed, tired, hungry, sick, etc., you will be more likely to think harshly about yourself.
- 5 Stop comparing! We are all on our own journeys.

*Be you, love you. All ways, always. ~Alexandra Elle*

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