

5 Tips to Be Kind to Yourself

1. Forgive yourself.
2. Magnify your strengths.
3. Participate in self-care techniques.
4. Make some positive affirmations and review daily.
5. Make a list of ways to encourage yourself.

Self-kindness is taking actions and reactions we would have for others and applying them to yourself. Self-kindness leads to self-acceptance and greater satisfaction. When we embrace self-kindness, we offer ourselves better care.

Try these strategies:

1. Give yourself the bare essentials.
2. Pay attention to your internal dialogue.
3. Feel your feelings.
4. Reframe challenges.
5. Find solutions.
6. Lower your expectations.
7. Start now.

Positive Affirmations for a Happy and Healthy Life

Positive Affirmations are short positive statements that challenge negative beliefs and replace them with positive self-nurturing beliefs. Affirmations make you feel better about yourself and your life. They can manifest real change in your life by changing the way you think and remove negative beliefs. They can enable you to achieve the life you've always wanted for yourself!

Practice and model giving positive affirmations to yourself and others. One of the most powerful ways to use affirmations is to say them aloud while looking into a mirror. Write down the affirmations and post them on your mirror or fridge. Use the Affirm It! Program on your mobile device to keep your mind focused on your affirmations. Keep them simple. Here are some examples:

- I choose to make positive healthy choices for myself.
- When I believe in myself so do others.

Sources:

www.psychcentral.com
www.vitalaffirmations.com

For more information about available programs and services in your area, please contact:

Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642

