

## THRIVING TIMES; Your Health and Wellness Dispatch

February, time to love yourself more



In the pursuit of better health, we often focus on diet, exercise, and sleep, but emotional wellbeing is just as crucial. With February being the month of love, there's no better time to focus on showing yourself some love and kindness. How do you treat yourself when things don't go as planned? If you're your harshest critic, it's time to embrace self-compassion—a powerful ally in reaching your health goals.

### **What is self-compassion?**

Self-compassion is about treating yourself with the same kindness you offer to others. It involves three key components: self-kindness, common humanity, and mindfulness. Unlike self-esteem, which relies on comparisons, self-compassion is rooted in self-acceptance.

### **Why it matters for your health**

Stress, self-criticism, and negative self-talk can derail your health goals. Self-compassion reduces stress and improves mental health, laying the foundation for positive health behaviours.

### **Silence your inner critic**

Recognising self-criticism is the first step. Ask yourself, “*Would I speak to a friend this way?*” Most likely, the answer is no. Challenge those harsh thoughts with kindness.

### **Practice self-kindness**

Start your day by acknowledging your achievements, no matter how small. Treat yourself with warmth and practice self-care through nourishing foods, rest, and activities that bring you joy.

### **You're not alone – common humanity**

We all face challenges. Connect with others who share similar goals and realize that setbacks are part of the journey. Reaching out for support is a gift to both you and others.



### **Stay in the moment with mindfulness**

This is the act of bringing you into the present, helping you make conscious choices that support your wellbeing. Try guided meditation apps like Calm or Headspace for a daily moment of calm.

### **Get started with self-compassion**

- 💖 Set realistic goals and track your progress.
- 💖 Keep a journal of your self-compassionate thoughts.
- 💖 Embrace setbacks as growth opportunities.

Self-compassion isn't a luxury—it's key to good health. Treat yourself with kindness, and watch how it transforms your wellness journey.

This February, celebrate YOU! What better way to show love than by treating yourself with compassion, kindness, and care? It's the perfect month to put yourself first and nurture your wellbeing.

**Here's to falling in love all over again, with YOU!**

*Samantha*