

How do you view yourself?

The media bombards us with images implying that we should look a certain way, live life in luxury and drive a particular car so we will be loved, liked and successful. Comparing ourselves to these images can lead to negative self-image and self-talk. There are a number of ways to change this way of thinking, and to create a more positive view of ourselves.

Rather than letting others dictate how we view ourselves, take charge and begin by making the decision to love yourself, enjoy what you do and define your own success.

True self-love does not mean being narcissistic, stuck-up, prideful and worldly. Self-love is attention and care of your body, thoughts and feelings. You want to strengthen your body with healthy food and exercise. You want to reframe your thinking from half-empty to half-full. You want to control your feelings rather than letting your feelings control you.

When you love who you are, you feel no need to imitate someone or compare yourself to others. This is a powerful and inspiring perspective.

What Self-Love Means:

- **Eliminate Self Criticism.** – You are wonderfully made.
- **Have Fun.** - Inject some fun into your life. Life is meant to be enjoyable.
- **Stop Comparing Yourself to Others.** - Focus on you and what's great about who you are, what you have, and what you do. Whenever you compare yourself to others, you almost always come up short.
- **Learn To See Beauty.** - See the beauty inside and on the outside of yourself.
- **Let Go Of Worry.** - Loving yourself requires you to acknowledge the things you cannot control.
- **Look After Your Body.** - It is important that you treat yourself to rest, proper nutrition and regular exercise.

We all enjoy being around confident and charismatic people. When we love ourselves, we can love others in our life. Be the person you are attracted to. “Love yourself first and everything falls into line.” Lucille Ball.

EASE has counselor available if you want to talk 800-882-1341.



“Strength is the courage...to reach out!”