



5 CRITICAL REASONS SELF LOVE IS NECESSARY FOR HAPPINESS

Self-Love is critical for happiness in your life for many reasons. Self-love is defined as a deliberate act that you make in order to provide care and compassion for yourself, first and foremost. Many people think of self-love as a day at the spa or a bubble bath.... But self-love means so much more than that.

It can be challenging to understand how important loving yourself is.... however, even more challenging is what can happen when you don't offer self-love. Your happiness is dependent on how you take care of yourself and self-love has been linked to increased resilience and capacity to see things from a new perspective.

1

Liberate Yourself From Comparisons



Who do you compare yourself to and why? When we compare ourselves to others, it is a total and utter set up for failure. Why? People who truly love themselves realize that comparison doesn't feel good... ever... yet sometimes, they continue to do it.

Teddy Roosevelt once said *"Comparison is the thief of joy"* ... and he's absolutely right!! How many times have you been scrolling through social media and seen an acquaintance bragging about their "perfect" life?

The lesson is, what's on the outside may not be what's really going on behind the scenes... and it's okay... but here we are comparing our life to their "perfect picture", feeling envious... and also feeling worse than an hour ago, before we started scrolling.

Live Life in Alignment to Values

2

What are your values? Are they family? Friends? Success? Kindness? Are you living in alignment with your values? If you are not practicing self-love, it is highly probable that one or more areas in these categories are slipping.

Anxiety and depression therapy helps assess values, to find out what is important to you in your life and how to help find cracks where you are not living in line with those values. Most times, lack in these areas result from a lack of self-love. Understanding what you value can be eye opening and a motivating factor to begin to take your happiness back and live the life you want.

Think about someone who is confident...

How do they act? Do they seem secure in their opinions? Do they use their voice? Are they a good listener too? Self-love enhances confidence in yourself because you allow yourself to accept you... just as you are. You aren't so hung up on your flaws or the fact that you fumbled over some words during that zoom training. Being human and forgiving to yourself. You trust yourself and behave as such and you never judge or are harsh to criticize yourself.



When you allow yourself to embrace all that you are, you will notice **you won't feel shame or insecurity for not being something else.**

**When we face hard times, we grow.**

We realize our own strength and we learn to see challenges as lessons or "lily pads" to jump to the next level of life. When you can truly learn self-love, you will be quicker to forgive yourself through hardships and learn that everything will work out for the best. You will learn to talk to yourself the way you would talk to a loved one, or a small child...with love, kindness and a gentle tone.

5 Maintain Healthy Relationships

Whether its friends, family or a romantic relationship, self-love enhances these relationships. In essence, **we teach others how to treat us**. If we don't have self-love or self-respect, we may notice others feel they have the greenlight to disrespect us too. Through self-love, you set the standard of how you will accept being treated in any relationship. Sometimes when we are treated poorly, we must examine our own self-love. How strong are your boundaries with others? Are you a "people pleaser"?

Learning to trust yourself and use your voice to communicate *what's right for you*, can help you avoid things like saying "yes" when you really mean "no", or allowing someone to disrespect you. When you truly love yourself, you have no tolerance for people who don't respect you or value you. You also will learn to set boundaries and protect your own energy.

Dr. Reena Becerra talks more about improving
Self-Love in her video below.

Click on the image below to watch this 9min video.



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