

Tips for Forgiving Yourself

1. Focus on what you learned rather than what you did wrong.
2. Your “mistakes” do NOT define you. Acknowledge your feelings. State: “I feel guilty” rather than “I am guilty.”
3. Apologize to yourself and anyone else you may have hurt.
4. Acknowledge you are human. You are doing the best you can. Perfection does not exist.
5. Be patient with yourself.

Mindfulness Tips

1. Practice breathing techniques
2. Check in with your emotions without judgement
3. Practice a guided imagery exercise
4. Spend time outdoors
5. Use your senses to observe an object
6. Practice gratitude through journaling
7. Draw, color or doodle
8. Listen to music without distractions
9. Practice yoga or stretch throughout the day
10. Use positive affirmations
11. Focus on the HERE and NOW.

Validating Yourself

Self-validation is a way to recognize, accept and honor your own internal experience without making any judgements or criticisms.

Ways to validate yourself:

1. Embrace your strengths and successes
2. Be with positive people
3. Use positive affirmations
4. Live in the moment
5. Forgive your mistakes
6. Practice self-love/-compassion
7. Reflect on your feelings
8. Be your genuine self.

Self Care Tips

1. Reflect: What brings you joy? What are you grateful for today?
2. Pamper yourself regularly.
3. Listen to your body. What does it need?
4. Take care of your body: Are you exercising regularly? Are you staying hydrated?
5. Sleep: Are you resting enough?
6. Journal your thoughts.
7. Get creative: Find a new hobby or reintroduce an old passion.

Building a better relationship with yourself

1. **What is your self-critic saying?**
Talk back and shift those negative beliefs to positive ones.
2. **Practice self-compassion:** Treat and talk to yourself with the same kindness you would a friend.
3. **Forgive yourself:** We are HUMAN.
4. Reflect on your abilities and remember your past successes.
5. **Meet a challenge**, don't shy away. You can handle it.
6. **Optimism:** Look forward to a HOPEFUL future.

Coping Strategy: MOVE

Set an hourly alarm on your watch or phone to cue your body to move. Stretch at your desk or stand in your office.

You can take the stairs to another floor in your office building to refill your water or use the bathroom. If you are able to, go outside for a walk. Aim for 5-10 minutes every hour, if allowed at work. How did you feel after moving?

Try to do this regularly for max benefit.

Self-Compassion

Self-compassion is composed of self-kindness, connectedness, and mindfulness - Dr. Kristin Neff

1. Practice using kinder words — Watch your internal dialogue. What stories are you telling yourself? Would you say this to a friend?
2. Give yourself permission to rest, recharge and do NOTHING.
3. Take care of the basics for yourself — eating, exercise, sleep & hygiene.
4. Practice gratitude and affirmations.

Thought stopping strategies

Notice the thought. Is it a worst-case scenario?

Say: **“STOP”** in your mind. Use distraction by thinking of something else. Imagine a red stop sign if you can't think of a distractor.

Challenge the thought. Is the thought an exaggeration? Distortion of reality? Overgeneralization? etc.

Reroute: Move away from the thought. Use a distractor like listening to music, calling someone to talk about their day, etc.

Grounding

Grounding exercises are a way to detach from the current experience when it is overwhelming and/or painful. It provides a few moments of distraction by giving you something else to focus on and lower your “fight-flight” response to a more manageable level.

Body scan and stretch exercise

- * Take a moment and **scan** your body for signs of tension. Practice nonjudgment as you scan. Is your neck tight? Shoulders? Chest? Just take a moment to **simply notice**.
- * **Breathe and visualize** the breath going into the tension while you roll your neck, now drop down with the next breath to your shoulders, and to all areas that are tense.
- * You can also **stretch** these areas as you visualize the stretch and breath alleviating the tension.
- * Spend a few minutes systematically stretching and inviting relaxation. Repeat as needed.

Sleep Hygiene Tips

- Minimize blue light exposure by shutting off the television, computer or phone at least one hour before bed.
- Stay away from caffeinated and sugary beverages, such as coffee, tea and soda, in the latter half of the day.
- Avoid overly stimulating activities before bed, such as exercise, reading a tense book, or arguing with a friend or family member.
- Use your bed for sleep and sex only.
- Avoid naps that are over an hour long or later in the day.

Healthy vs. Unhealthy Selfishness

Healthy selfishness: Taking care of yourself and your needs, asking for help when needed and making sure you are both physically and mentally able to help someone when they ask for it.

Unhealthy selfishness: Only focusing on yourself and your needs, even at the expense of other people. This can sometimes look like intentionally taking advantage of other people in order to get your needs met.

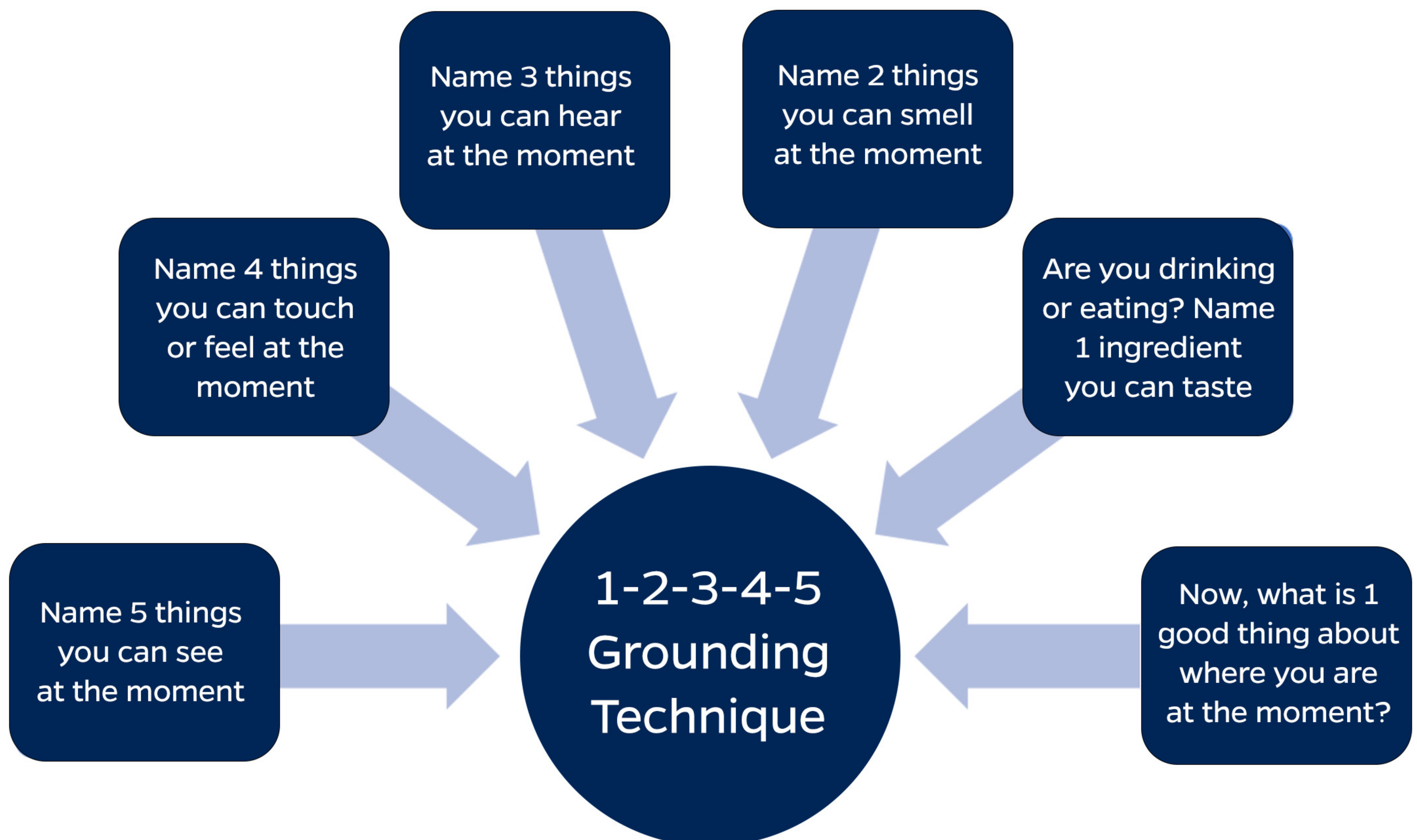
Pomodoro Method

If you've ever had trouble focusing on a task, or if you've ever felt like you aren't getting the most out of your reading, work, or studying, this method could be helpful for you.

- Spend 30 minutes on the task you wish to accomplish with no distractions.
- Then, take a 10-minute break from the task.
- Once the break is finished, return to the task and spend another 30 minutes working on it.
- Repeat this method until you are done with the task or finished for the day.

5 Love Languages

1. **Physical touch:** Any form of touch, from holding hands to hugging to having sex.
2. **Words of affirmation:** Compliments, expressions of pride.
3. **Quality time:** Spending time with one another, whether that's eating dinner together, watching a movie or sitting next to one another doing your own hobbies without saying a word.
4. **Gift giving:** Anything from homemade gifts to purchasing concert tickets to your partner's favorite band can be another way of expressing your love for them.
5. **Acts of service:** Helping your partner fix their car, doing the dishes after your partner has had a long day at work, etc.



What Do Healthy Boundaries Look Like?

- Being selective about who you let in your life.
- Taking time to get to know someone to build trust.
- Sharing personal information that you feel comfortable sharing at an appropriate time or place.
- Feeling comfortable with saying no.
- Being supportive without getting too involved.
- Valuing everyone's opinion, including your own.
- Holding to your values, but also knowing when to change them.
- Communicating your needs assertively while empathetically listening to others.