

ISSUE 11

we mag

A DIGITAL MAGAZINE ON EMOTIONAL WELLNESS

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Why Not Practice More Self-Love

Words | Carrie Saba

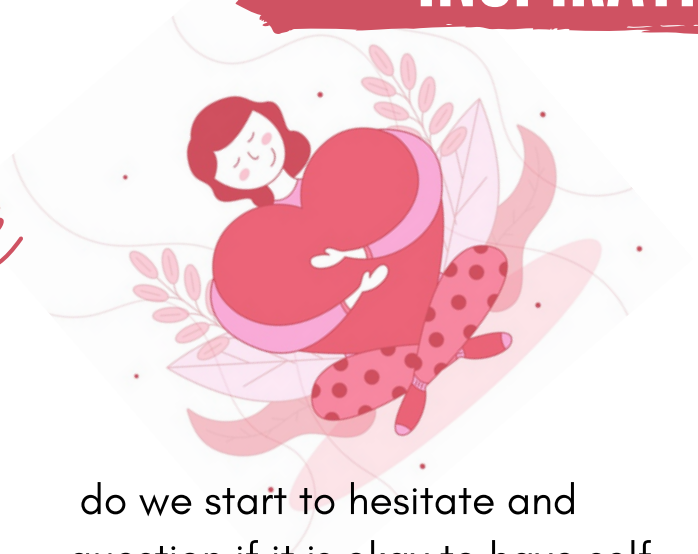
When you think of the word love what comes to mind? Do you think about the people and things you care most about? Does it bring emotions of joy and kindness? When you think of the word love does it make you smile from the inside because love makes you feel happy? Most of us think of positive emotions when we think of the word love.

When we allow ourselves to love someone or something it can bring emotions of passion and joy that are only felt when love is part of it. The energy love brings is powerful. So why when we add the word self to the front of the word love and create the word self-love

do we start to hesitate and question if it is okay to have self-love. Thinking of the word self-love can even create a negative feeling inside?

Let me ask you a question... do you love yourself? If you said yes, how do you show love to yourself? What do you do to express self-love? If you said no, then I ask why not? You choose whether to love yourself or not. It is up to you because self-love is to you, from you. You give it to yourself.

Like the word love, self-love is a powerful word. However, when you look it up in dictionaries you can't even find a consistent definition. I know because I have looked it up.



Some dictionaries have a very positive spin to it and some include a very negative definition. For example, one dictionary only had the negative definition indicating that self-love was conceited and vain; whereas another dictionary described it something to the effect of having unconditional love for yourself in regard to your own happiness. It's no wonder we all have different opinions about the word self-love. How can a word love, a word that creates such positive feeling and emotions become immediately questionable by adding the word self to the front of it?

Is it because we often perceive someone that is egotistical or conceited as having too much self-love? Do we confuse self-centered with self-love? Think of someone that you know that only talks about themselves with little regard to others or someone that is always talking about how great they are.

Do you think they are showing you how much self-love they have for themselves? I think not, it is often the exact opposite of what is happening on the inside for that person. Often they are trying to fill themselves up with others approval and love because they have very little self-love.

Self-love is something I believe to be crucial to increasing our own happiness. I love the idea that self-love is love of "self" in regard to our own happiness.

"When we have self-love we allow self-worth."

When we have self-love we allow self-worth. I believe that self-love is respecting yourself, taking responsibility for your actions, it is acceptance, and it is unconditional. Self-love is forgiving when we make a mistake.

Self-love is recognizing we made a mistake and it is taking action to learn from our mistakes. Self-love is kind and positive. Self-love doesn't always come easy. It often takes work on the inside to help create more acceptance and love for yourself but if you do the work you will probably be living a happier life and who doesn't want to be happy?



I am not suggesting for you to be conceited, vain or let your ego run wild, but I am suggesting taking a look at yourself and deciding you are worth loving. I am suggesting, deciding that you deserve to think kind thoughts of yourself, for you to think and know you are good enough.

When you accept yourself and love yourself you actually have more love to give others and you are able to receive more love from others. Allow the energy of love to envelope you and decide that you will take one step towards loving yourself more today than you did yesterday.

How you might ask? Maybe you decide to accept and love your body and as a result you begin to feed it healthier and more nourishing foods so it can be its optimum best. Maybe you decide to forgive yourself for a past mistake you made and instead of beating yourself up inside you really take note of the lesson you learned so that you don't do it again. Maybe you decide to do something you enjoy doing because you have always put yourself last and deprived yourself for way too long. Do you put those you love last on your list? Probably not, so practice more self-love and move yourself up on your "to do" list.

There is only one of you and you are the only person that can decide to allow yourself to love you a little more. If you decide to practice more self-love, watch how your happiness increases and love, joy, kindness and compassion will come your way even more. Love is a powerful thing and so is self-love... give some love to you and let yourself shine!



Carrie Saba, Holistic Health Coach, helps others see their inner strength through a new light.



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BUT FIRST LOVE YOURSELF

Words | Dr. Saumya Goyal

Love the moon and the stars
Even those hills afar
Love the valleys as well
But first love yourself

Love the birds and the bees
And the flowers and the trees
Love the grass straws as well
But first love yourself

Love the shoes and the clothes
And the diamonds that you chose
Love the wines as well
But first love yourself

Love your brood and your friends
And love your foes to no end
Love the loved ones as well
But first love yourself



Dr. Saumya Goyal, Emotional
Wellness Guide, Mental Health
Evangelist, Author and Speaker.

Sprinkle Some Love On Yourself

Words | Payal Sahu

Sometimes all we need to love ourselves in order to see good in every point of time. It's not always an act of narcissism rather it can also be about self-care which restricts you to see other people's life covetously.

Sprinkle some love on yourself in the following ways:

Don't compare yourself to others - We live at this age of social media where we often see someone having this amazing lifestyle which they often post or having something which we were longing to buy.

So we often end up comparing ourselves to them. I mean it is a human tendency. But nevertheless, when you make differentiation and accept practicality. That's when you win. Appreciating them means you're just choosing to spread positivity.

Take care of your body - When I think of taking care of my body there's only one thing that stuck in my mind - "Take care about your body. It is your temple. It is the only place that you have to live in." And that's it. It is enough to encourage me and keeps me going.



Take a stand for yourself -

Make a differentiation between right and wrong is not everyone can do. But sometimes your gut feeling says that there is something you shouldn't tolerate. So, raising your voice right in the right way is a form of self-respect which everyone should have. It is something we haven't been taught in our school. Still knowing what is right for you should be your responsibility.

Indulge in your passions -

Having something which you are passionate about is something. But knowing what you are passionate about is everything in life. So, if you think that you haven't found it yet. Then, you should definitely know what is that something you are passionate about and what is that something which keeps you going in your life.

Forgive yourself - Forgiveness surpasses everything. When you know you have made a mistake

that is known by you to overcome it, to make you a better person than you were before. Well, who doesn't wants to be a better person than they were before, right? So, Practice forgiveness. It does not always come from within but you should know when to forgive yourself for the mistakes that you've made in order to embrace your better version. Don't be hard on yourself.



Support yourself – Most of the times we wish to be supported. I mean, who doesn't love the feeling of being secure? Everyone wants to be secure in their lives. But there is a phase in our lives when we feel we aren't being supported enough. Those are the days when you should be your biggest support system.

Be honest with yourself – Being honest with yourself means you know you aren't cheating yourself and that will come from accepting things and being practical about yourself.

Give yourself a treat – I always make sure to give myself a treat because sometimes in life it's the little gesture that keeps you going each day.

Treating yourself with anything that makes you happy will always give you much-needed happiness that you are providing to yourself.

Say 'no' when you need to – Saying 'no' when you need to means having an ability to take stand for yourself. You can just learn to say 'no' to people or situations just by knowing yourself in the first place.

Believe in your abilities – Having a self-belief or believing your abilities saves your inner peace and many other things. Because when you believe in yourself, you tend to see goodness in everyone and everyone which basically saves you from being jealous or having any kind of harsh feeling about something or someone.





"Surround yourself with people who are as genuine as you are."

Practice gratitude – When you practice gratitude you stop complaining and take charge. You're much happier in the day because you have become aware of all these good things in your life which you could've taken for granted. Practising gratitude means becoming aware of all the things which you already have in your life. And when you become aware you tend to be happier and appreciate your life.

Surround yourself with your kind of people – People tend to find people as same as they are. But when you know that you want to become better than you already. That's when you choose to hang out with people who are better than you without holding any grudges. So, surround yourself with people who are as genuine as you are.



Payal Sahu, Firm believer of uplifting souls, enhancing lifestyle, power of positivity & all the goodness which the world has to offer.

Adding Self-Love To Your Meals

There isn't anyone better to love than you. It's time to love yourself! Follow these tips and indulge in these foods for self-love.

1. Chocolate Strawberries

What is more romantic than chocolate strawberries? Gorging on these treats is the best way of loving yourself!



2. Tea, coffee - or whatever's your thing!

A drink you love is the perfect way of relaxing. Eat what you love - not what you hate.

3. Comfort food

Pizza, pasta, noodles – whatever it is, it's meant to make you feel comfy! Being comfortable also improves your mood – and helps you love yourself.

4. A real meal

Let's face it. Have you eaten while cooking? Or cold leftovers? Or not eaten at all? That's horrible for self-love. Eat a real meal after you cook it.

5. Something for your sweet tooth

Don't ever worry if you cheat on your diet once in a while and have a brownie. That's good. Following your diet will make you tired of having healthy food.

So add the love to your meals!



**"self care:
doing the things
that make you feel
more like yourself"**

ROEYN CONLEY DOWNS

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