

WELLNESS TO WORK



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SELF-LOVE FOR SUCCESS



WHAT IS SELF-LOVE?

There's a lot of talk these days about self-love. It sounds great, but what does it mean? How do we love ourselves, and why does it matter?

Self-love is a state of appreciation and value we hold for ourselves which grows from the actions that support our physical, psychological and spiritual growth. Self-love blooms when you have a high regard for your own well-being and happiness. It is taking care of your own needs and not sacrificing your well-being to please others. It means choosing not to settle for less than you deserve, because you believe you are worthy of love, kindness, and success!



Types of self-love:

- Physical – how you see yourself (self-image)
- Mental – how you think of yourself (self-acceptance)
- Psychological – how you treat yourself (self-respect)



Self-love means accepting yourself as you are in this very moment for everything that you are, including the negative qualities, disappointing outcomes, or areas we still wish to improve. It means accepting your emotions for what they are and putting your physical, emotional and mental well-being first. People who genuinely love themselves can recognize their flaws, acknowledge their mistakes, and accept and care for themselves despite their imperfections. Self-love does not hinder caring for others; it merely allows individuals to extend the same kindness to themselves.

DO YOU STRUGGLE TO EXPRESS LOVE FOR YOURSELF?

You're not alone!

Psychology Today normalizes that engaging in genuine self-love can be quite difficult for many of us. Some barriers include:

- Perfectionism: "If I can't do it perfectly, there's no point in trying."
- Self-criticism: "I'm not good enough. I'll never measure up to others."
- Guilt and self-sacrifice: "Taking care of myself is selfish. I should always put others' needs first."
- Fear of judgment: "What will others think of me if I prioritize my own needs?"
- Internalized negativity: "I don't deserve happiness or self-care. I'm not worthy of love."

BENEFITS OF SELF-LOVE

More than 1,000 research studies have linked self-compassion to reduced psychopathy and improved well-being. BetterUp noted that regularly practicing self-love can result in:

Lower stress, higher resilience: You're better able to problem-solve and find solutions. You view challenges as temporary setbacks, or even as opportunities for growth, which helps us become more resilient.

Willingness to take risks: You're able to identify chances for you to shine and have faith in that you'll be able to handle the outcome – whether we get what we want or not. It's also a belief that you're worth the investment to try something outside your comfort zone.

Empathy: When we can accurately view ourselves with compassion and appreciation – including all our strengths and weaknesses – we can also have compassion for others. This ability to hold space for other people's struggles can improve our communication skills and strengthen relationships with others.

Self-efficacy: When our self-love is high, we have a desire to be the best version of ourselves. We can develop trust in our own capabilities, be better able to take on new challenges, and help us achieve our goals.

Setting healthy boundaries: A key part of self-love is knowing what to give your energy to – and what doesn't serve you. Setting healthy and reasonable boundaries for yourself is one of the best ways to set yourself up for success in various areas of life.



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DID YOU KNOW?...

There are benefits associated with having a strong sense of self-worth in the workplace which may lead to increased success in our professional lives. Self-love assists with:



- More confidence in your abilities, which can lead to the doors you were afraid to open earlier – be it starting a new business, taking up a new challenging project, or exploring a career change.

- Respond to failures less negatively and do not give up when discouraged. You have a growth mindset and look at mistakes as an opportunity to learn and improve on future efforts.

- Speak up for your needs and take a stand for yourself whenever work demands, unrealistic deadlines, or toxic interactions start affecting you, which decreases likelihood of burnout.

- Reduce workplace stress and help us stop procrastinating. Employees who value their worth tend to experience better focus and can find work more fulfilling.

- Increases your engagement at work, leading to higher productivity and improved relationships with coworkers.

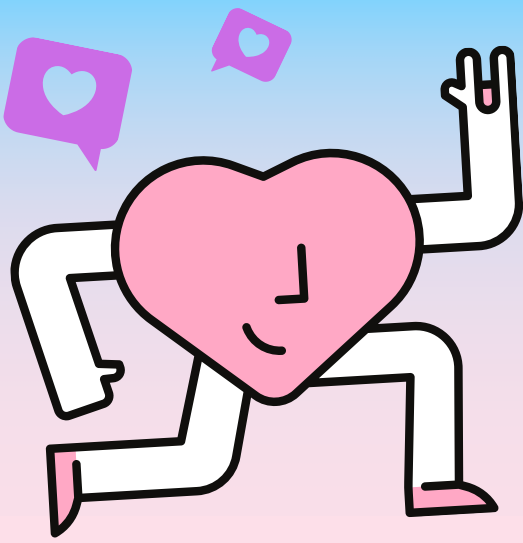
- Trust in your own judgment and make better decisions, which are important leadership qualities that can help you advance in your career.

- Proud to share our achievements, accomplishments, or progress. You will care less about what others think about you and more about what you can contribute and deliver and hence it will help you focus more on your betterment.



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QUICK TIPS:

For self-love to manifest, you must make yourself a priority. Developing self-love takes time, so you must practice it daily until it becomes a way of life. The Brain & Behavior Research Foundation correlates that for many people, self-love is another way to say self-care.

Self-love motivates you to make healthy choices in life.

Some suggestions for getting started with self-care:

Remember the basics. You will love yourself more when you take better care of your basic needs. People high in self-love nourish themselves daily through healthy activities, like sound nutrition, exercise, proper sleep, intimacy and healthy social interactions.

Become mindful. People who have more self-love tend to know what they think, feel, and want. Take time to tune into yourself and observe what you're experiencing.

Take actions based on need rather than want. By staying focused on what you need, you turn away from automatic behavior patterns that get you into trouble, keep you stuck in the past, and lessen self-love.

Make room for healthy habits. Start truly caring for yourself by mirroring that in what you eat, how you exercise, and what you spend time doing. Do stuff, not to 'get it done' or because you 'have to,' but because you care about you.

MORE WAYS TO PRACTICE!

www.positivepsychology.com/self-love-exercises-worksheets/

Self-love is a journey, not a destination—take time and practice to develop a healthy sense of self-worth. Start by being kind, patient, gentle and compassionate to yourself, the way you would with someone else that you care about!

Resources:

<https://www.healthymepa.com/2018/05/15/4-benefits-self-love-important/>
<https://psychcentral.com/blog/imperfect/2019/05/what-is-self-love-and-why-is-it-so-important#What-does-self-love-look-like?>
<https://www.psychologytoday.com/us/blog/conquering-codependency/202306/the-power-of-self-love>
<https://bbrfoundation.org/blog/self-love-and-what-it-means>
<https://www.betterup.com/blog/self-love#:~:text=Self%2Dlove%20is%20important%20because,stress%2C%20and%20strive%20for%20success.>
<https://www.linkedin.com/pulse/self-love-work-prerna-arora/>



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