



## be kind to you

### IMPROVING YOUR RELATIONSHIP WITH YOURSELF CAN HELP YOUR RELATIONSHIPS WITH OTHERS

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Something I talk a lot about with my clients are relationships – not only our relationships with others, but our relationship with ourselves. If we can have a healthy relationship with ourselves, many times, this feeds into having healthier relationships with those around us.

One way to start improving the relationship we have with ourselves is to show ourselves some love. I'm sure most of us have heard the term "self-care," but what does self-care actually mean? **Self-care is essentially doing anything to take care of ourselves, emotionally or physically.** Although many of us know that self-care is important, it tends to be put on the back burner. This especially is true the busier our lives are, which is when we really need to be mindful of how we are taking care of ourselves. Just like we don't need to always do huge, grand gestures to show our love for others, the same is true for our self-care. The day-to-day things we are doing add up. You deserve that same love and care for yourself, so take a short walk, have

a nutritious snack, or journal for a few minutes – anything that feeds your body and soul.

Along with doing activities to show ourselves love, another way we can practice self-care is by **being mindful of the language we use with ourselves.** Is the language we are using kind and compassionate? Or do we find ourselves using more harsh, critical language when talking to ourselves? Often, we use much kinder language with others than we do with ourselves. I would challenge you to ask yourself, "Would I say this to a friend or someone I care about?" If the answer is no, try reframing it and talking to yourself as you would to a friend or someone you care about. Using compassionate language can be a huge form of self-care and can help us to have a more positive relationship with ourselves.

Healthy relationships with others take work, and so does having a healthy relationship with ourselves. Being mindful of how we are caring for and talking to ourselves can be a wonderful way for us to start improving the relationship we have with ourselves and, likely, the relationships we have with others.