



**"No one is you and
that is your power!"**

- Dave Grohl



Image Source: Pixabay Images

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EMBRACE YOURSELF

Student Counselling Unit
Mental Health Awareness
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UNIVERSITEIT VAN PRETORIA
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YUNIBESITHI YA PRETORIA

Department of
Student Affairs

Departement Studentesake
Kgoro ya Merero ya Balhuthi

How To Embrace Yourself?

Discover your identity

- Find your purpose
- Explore things that allow you to grow
- Allow yourself to be a work-in-progress

Live through your values

- If you value service, volunteer for community work linked to your interests
- If you are a creative, make time for creative activities/pursuits
- If you are adventurous, travel to your favourite places or engage in activities you enjoy

Change your self-talk

- Recognise the negative, inner critical voice
- Begin by affirming parts of yourself that you like
- Use "I" statements- I am worthy, I am deserving
- Acknowledge your accomplishments
- Practice positive thinking



Direct Your Attention Inward

- Work on letting go of people's expectations of you
- Focus on your goals
- Focus on your passions
- Focus on self-fulfillment
- Explore what qualities you want to have in your life, and cultivate them

Challenge Yourself

- Embrace change and try to face your fears
- Be open-minded
- Learn valuable lessons about yourself through challenges
- Create a bucket list and explore new activities

Be vulnerable with yourself and others

- Share your vulnerable experiences with close friends
- Give friends the opportunity to support you
- Journal as a way of releasing your thoughts and emotions
- Be compassionate towards yourself and others