Practicing Self-Love and Self-Nurturing:

1. Accept and Honor Your Feelings:
   1. When you feel uncomfortable feelings, put your hand on your heart and say “I am feeling \_\_\_\_”
2. If the feeling is difficult to identify, do this several times a day:
   1. Pay attention to inner dialogue:
      1. Do they express worry, judgment, despair, resentment, envy, hurt or wishing?
   2. Notice my moods:
      1. Am I irritable, anxious or sad?
3. Meeting my own needs:
   1. Think or write about the cause or trigger for your feeling and what you need that will make you feel better.
4. If angry or anxious:
   1. Practice yoga, meditation or simple breathing exercises
5. Practice giving myself comfort:
   1. Write a supportive letter to myself
   2. Have a warm drink
   3. Swaddle your body in a blanket or sheet like a baby
6. Do something pleasurable:
   1. Read or watch comedy
   2. Look at beauty
   3. Walk in nature
   4. Sing or dance
   5. Create something
   6. Stroke your skin
7. Play time:
   1. Play a game
   2. Play a sport
   3. Watch tv
   4. Don’t judge, the point is to create pleasure
8. Practice complimenting and encouraging myself:
   1. Remind myself of what I have done and give myself time to rejuvenate
9. Forgive myself:
   1. Learn from mistakes and make amends when necessary
10. Keep commitments to myself