

Today's well-being focus is about being kinder to yourself.

Being kinder to yourself is something that becomes increasingly more difficult when your mental health needs some TLC.

We often spend so much time being there for everyone else or being busy building a career or business that we often neglect the one thing that matters most, ourselves.

It's always going to feel like a hardship for someone who is dealing with anxiety, to take time for themselves.

As humans we tend to believe that something else, way more important needs doing, right now.

Stretching beyond your comfort zone is one thing; being harsh on yourself is another.

Not understanding the difference between the two hinders your potential as well as your relationships.

There's an interesting TED Talks video here: Be kind to yourself.

<https://lnkd.in/ens-Vfak>

And below are 12 simple and inspiring ideas for bring kinder to yourself:

- 1) Your mistakes are part of your learning. Embrace resilience in the face of failure.
- 2) Don't compare yourself to others because you aren't them. You're you, so accept yourself for who you are, faults and all.
- 3) There is no right way to do anything. Don't limit your thinking – there's no right way to do the wrong thing, and no wrong way to do something right!
- 4) Stand up for what you believe, even if it's unpopular. Make everyone understand your big, crazy ideas. Passion makes a big difference to driving change.
- 5) Learn from people who criticise you. Let criticism inspire you not let you down.
- 6) Accept your weaknesses as your "features". You aren't good at everything you do, but nobody else is, either!
- 7) Look at your past as an adventurous biography. Your past isn't your identity and does not dictate your destiny.
- 8) Don't underestimate your talent until you apply it 100 times. Are you applying and practising your natural talents?
- 9) Every single problem you have is not unique. Put your problems in perspective and solve them faster.
- 10) Intelligence is relative, self-esteem is not. Stay positive, forget about being perfect, and always keep improving yourself.
- 11) Express your anger in a creative way. Feel your anger, express it wisely, and learn from it.

12) Surround yourself with people who want you to succeed. Have people you trust and can rely on. They will make you happier and feel better about you!

So please be kind to yourself and look after you!
If need any further support, don't be afraid to reach out.