

MARCH WELLNESS NEWSLETTER

SELF-WORTH

WHAT IS IT?

SELF-WORTH IS THE SENSE OF BEING GOOD ENOUGH AND **WORTHY OF LOVE AND BELONGING.**

TO HAVE A GOOD SENSE OF SELF-WORTH, WE NEED TO BE ABLE TO **RESPECT, LOVE, AND VALUE OURSELVES.**

GOOD SELF-WORTH TENDS TO RESULT IN **HIGHER SELF-ESTEEM** AND CONFIDENCE.

INFLUENCES

- OUR CORE **BELIEFS** AND VALUES.
- **EXPERIENCES** AND INTERACTIONS.
- OUR PHYSICAL AND MENTAL HEALTH.
- CURRENT AND PAST **RELATIONSHIPS** (BOTH POSITIVE AND NEGATIVE).
- OUR **HOBBIES** & INTERESTS.
- CONNECTION TO OUR COMMUNITY.

IMPORTANCE

RISKS OF LOW SELF-WORTH

- FEELING UNABLE TO TRUST ONESELF.
- **PEOPLE PLEASING** BY PUTTING OTHERS BEFORE YOURSELF.
- RISK OF **ANXIETY** & DEPRESSION.
- **FATIGUE** OR IRRITABILITY WITH TASKS.
- CHALLENGES WITH SETTING HEALTHY BOUNDARIES.

You are enough!❤️



WHAT CAN YOU DO?



- DO MORE OF WHAT YOU ENJOY
- CHALLENGE NEGATIVE THOUGHTS
- SET BOUNDARIES
- BE KIND TO YOURSELF

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SELF- COMPASSION

WHAT IS IT?

SELF-COMPASSION IS OFFERING OURSELVES KINDNESS & COMPASSION INSTEAD OF CRITICISM.

SIMPLY BEING KIND TO OURSELVES CAN BE A CHALLENGE, AND OFTEN CRITICAL THOUGHTS AND ACTIONS BECOME THE NORM.



WHAT CAN YOU DO?



IMPORTANCE

AS HUMANS, WE HAVE A NEED TO BE CARED FOR AND NURTURED.

PRACTICING SELF-COMPASSION CAN LEAD TO **IMPROVED MENTAL WELL-BEING** BECAUSE IT CAN HELP TO REGULATE OUR NERVOUS SYSTEM & **"CALM" THE BODY AND MIND.**

PRACTICING SELF-COMPASSION HELPS US **BECOME BETTER AT REGULATING** DIFFICULT EMOTIONS, **IMPROVE MOOD,** AND CONNECTEDNESS.

NOTICE TIMES OF SELF-CRITICISM

REMEMBER THAT EXPERIENCES ARE UNIVERSAL AND **NOT OUR FAULT.**

SHOW YOURSELF **KINDNESS** AND UNDERSTANDING.

USE COMFORTING AND CARING ACTIONS, **POSITIVE SELF TALK.**