

# VitaMin

Vital health information in a minute



## Give the gift of self-compassion

Everyone has bad days. When things don't go your way, it's easy to get down on yourself. Instead of focusing on what went wrong, try to think about what went right. Also treat yourself with kindness – the same kindness you give others when they make a mistake.

### Try shifting your mind-set with these self-care steps.

#### Step 1: Stop negative self-talk

Are you quick to judge when you fall short of your own expectations? Do you find yourself thinking, “I really blew it” or “What’s wrong with me?” Criticizing yourself doesn’t help fix the situation, it only drags you down. It can also set the tone for negativity with those around you. Stop and think about what you’re saying to yourself. Would you say the same thing to a friend or coworker who disappointed you?

*Shift your mind-set:* Put a stop to negative self-talk by making a conscious effort to focus your thoughts on something else. You might turn on some music, go for a walk or call a friend.

#### Step 2: Forgive yourself

There are moments in life – big and small – that you wish you could go back and change. You may feel like it's impossible to forgive yourself. Hanging on to hurts of the past may cause you more pain and prevent you from moving forward.

*Shift your mind-set:* You might just need to remind yourself, “I can’t change what happened. It’s OK, and I’m moving on now.”

#### Step 3: Love yourself the way you are

No one is perfect. Dwelling on your flaws or obsessing over how to fix them can hold you back. When you accept yourself as you are, you’re free to go and do what makes you happy.

*Shift your mind-set:* Give yourself permission to do something good for yourself. You might carve out time to pursue what you enjoy – take an art class, treat yourself to an afternoon movie or an evening with a good book.



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