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## **Love Yourself Show Notes**

In this episode...

### **Part 1:**

- Instead of taking an opposite view of yourself regarding your appearance (i.e., seeing yourself as perfect instead of focusing on the negative), try finding something neutral that allows you to accept yourself for you are (i.e., "I may need to lose a few pounds but I'm still loveable and worthy.")
- Try to become aware of automatic thoughts which means consciously replacing a negative thought with a positive one.
- We are a product of early life experiences that can imprint negative thoughts on us, so you may need to resolve these trauma before you can move on.
- What is the difference between self-improvement and self-acceptance?
- Affirmations, cognitive behavior therapy (CBT) and mindfulness are all practices that can help with self-acceptance.
- Just because we have a negative thought doesn't make it fact.
- How we talk to ourselves matters: Become aware of critical self-talk and try to change it for something more positive and supportive.

### **Part 2:**

- We need to process or grieve our emotions around our body or ourselves (i.e., an inability to get pregnant) before we can move on.
- Social media can cause anxiety and depression about how we feel about ourselves or our bodies, so it's important to consider this and to take a break from it.
- Self-care isn't always about giving in to social expectations; it can also be a reflection of how we feel about ourselves, as long as we don't let it control us.
- Self-compassion and grace are essential in coming to terms with who we are-it's OK not to be perfect!
- Focus on your health and how you feel instead of obsessing about weight or trying to look a specific way.

### **Dr. Rollins' five tips for self-acceptance:**

1. Sometimes people need to do the work around personal trauma before they are able to focus on self-acceptance. Consider seeing a therapist to work through some of these bigger issues.
2. Cognitive behavioral therapy can help us change negative thought patterns and find a more balanced and more helpful way of thinking about ourselves.
3. Practicing mindfulness can help us ignore critical thoughts or feel less bothered by them.
4. Positive affirmations can also help us change negative thought patterns and feel better about ourselves.
5. Find ways of practicing self-care since taking care of your body and mind can make you feel better about yourself.

### **Links:**

- How to Practice Emotional Self-Care: [uchealth.org/today/how-to-practice-emotional-self-care/](https://uchealth.org/today/how-to-practice-emotional-self-care/)
- Are You Satisfied with Your Body Image? [uchealth.org/today/are-you-satisfied-with-your-body-image/](https://uchealth.org/today/are-you-satisfied-with-your-body-image/)