

# Principles of Loving Yourself Well

## 1. Take Care of Yourself NOW

Good self-care is not waiting for things to slow down, the crises to be over, or when you take a vacation. IT IS NOW! It is ongoing care for yourself.

## 2. Don't Stuff It

Be sure you are sharing your thoughts, feelings, and emotions with God and a trusted friend. When you share your burdens, they become lighter.

## 3. Strive for Balance

Be sure you are attempting to balance your needs and wants with the needs and wants of others. Think of an old-fashioned scale and then make sure one side is not hitting bottom.

## 4. Move Closer to God

Self-love done correctly will pull you in closer to God. It will provide refreshment. Our hope, faith, and love will increase.

## 5. Start Somewhere

Starting with a small effort is okay. Do something you enjoy today. Don't let another day go by without loving yourself along the way.