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Dear Parents & Carers

13/07/2022

Appreciating Yourself ❤️

Everything you need to be happy today or in the future lies within you right now. Wishing you were someone else with other talents and skills, or regretting that you did or didn't make a certain decision will take you further away from happiness. Looking yourself in the eye and appreciating who you are with all your beauty, skills and potential will take you to wherever you have the determination to be.

What does it mean to appreciate yourself? Self-Appreciation is about **consciously acknowledging the positive within you without the need to compare yourself to others**. We usually focus more on negative thoughts rather than positive ones — that's why we narrow our inner-perception.

How can we appreciate ourselves?

- Question your own negative thoughts;
- Respond to your mistakes and failures with compassion;
- Fight perfectionism with realistic thinking;
- Argue back against negative thoughts;
- Say no when you need to;
- Appreciate what you have;
- Be your authentic self.



Miss Lockett and Miss Moore
Wellbeing Lead

<https://www.verywellmind.com/self-care-strategies-overall-stress-reduction-3144729>

<https://www.southwestyorkshire.nhs.uk/wakefield-camhs-resources/>

<http://www.redcross.org.uk/get-involved/teaching-resources/wellbeing-activities-being-kind-to-yourself>

