

Good morning and happy Monday team!

I hope you all had a wonderful weekend and are ready for finals week! I know that this is a very busy time, so self-care and self-love are vital. Now that we have a better vision of what we would do with more self-confidence, let's talk about how to get there.

We will practice **accepting ourselves** and what is going on in our lives rather than fighting against or avoiding unpleasant feelings. We will get in the habit of speaking to ourselves with self-compassion, recognizing what went right instead of beating ourselves up for every little mistake.

### Acceptance is...

1. A willingness to see reality without judgment
2. The starting point for change

The first step toward developing lasting self-confidence is to practice acceptance – of your strengths, your weaknesses, and yourself.

### Adopt a growth mindset

✗ Either I am good at something or I'm not.

✓ I can learn to do something if I want to.

Fixed mindset = Less learning

Growth mindset = Lifelong learning

- **Forgive yourself**: Confidence requires action, and inevitably, some of your actions are going to flop. What you need to do then is forgive yourself
- **Practice self-compassion**: Can step in at your darkest moments, giving you a powerful tool to alleviate painful emotions and situations
- **Love yourself**: Self-love is a process, and we need to start where we are. To pursue our goals and live a confident life, we need self-love

### Action Items

- Give yourself some credit: Write down or tell someone three things you did today that went well.
- The next time you get a compliment, say "thank you" and leave it at that.
- Write 5 things you love about yourself and stick it on a place you can see it every day.

"The curious paradox is that when I accept myself just as I am. Then I can change."

- Carl Rogers

Peace,  
Maggie

Maggie Beshears, LPC  
Behavioral Health Therapist  
UACCB/White River Medical Center  
Office Phone: 870-612-2035  
Pronouns: she/her/hers  
For an Emergency, Call 911 or the National Suicide Hotline: 1-800-273-8255

