

Good morning and happy Monday team!

I hope you all had a wonderful weekend. Let's continue the journey of self-love and focus on building self-esteem. This week, let's work on **embracing who we are**. Embracing who you are is not always easy, especially if you have spent the majority of your life trying to be someone you are not. Conversely, embracing who we are, even when it's difficult, will lead to better outcomes in all areas of our lives, helping us cultivate better relationships, careers, hobbies, and everything in between.

Questions to think about

1. What have others told you or implied that you are supposed to be?
2. Have you told yourself any of these things?
3. Is this person who you actually are or want to be?

Explore Your True Self

- Find a comfortable spot where you can sit in silence without distractions.
- For 10 to 20 minutes, just sit alone with your thoughts. Try to not make any judgements on whether your thoughts are negative or positive. Let them come as they are and leave as they are
- Reflect on the thoughts that came up during this exercise

Release Expectations

- Write down the layers of your that don't actually fit who you are
- Let's release the parts that you believe your family, friends, or society want you to be
- Grab some paper and write all these parts. Rip up the paper and throw the pieces in the trash or scribble all over them until you can't see them anymore.

Brain Dump

- Write for a predetermined amount of time
- Get all of your thoughts out on paper so they don't take up space in your mind
- Write about who you are, whatever you are thinking, without judgement

Favorite Things

- Choose items that are most "you"
- These items could be items that remind you of how you look, your personality, your values
- Think about why you resonate with these items

What piece of advice would you give your younger self about embracing who you are?

"Because true belonging only happens when we present our authentic, imperfect selves to the world, our sense of belonging can never be greater than our level of self-acceptance."

- Brene Brown

Peace,
Maggie

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For an Emergency, Call 911 or the National Suicide Hotline: 1-800-273-8255

