



GME Wellness Sub-Committee Newsbyte

Self-love

Due to the increased risk of suicide in healthcare workers, there is a need to address self-love. Before one can practice self-love, we need to understand the definition of it. Self-love is the appreciation of oneself despite whatever flaws one may have. It means accepting you for who you are and not sacrificing your well-being to please others. Although it may be difficult to love oneself during certain times, we cannot neglect ourselves physically, psychologically and spiritually.

Even during these times, we must continue to practice self-love which includes listening to your body, taking breaks from work, taking a break from negativity including social media, news, etc., eating healthy and exercising. Self-love allows you to make healthy choices and accept who you are for what you are, allowing you to put your mental, emotional and physical well-being first. *"In order to love who you are, you cannot hate the experiences that shaped you."* Andrea Dykstra

Do yourself a favor and start practicing:

Settling is not an option, don't settle for less than you deserve

Embrace and love yourself

Look for worth in yourself, let go of past trauma and wounds

Find your happy place, find peace within yourself

Learn to say no without hesitation

Others can wait, make yourself priority

Vow to accept what you cannot change

Even when in doubt, forgive and trust yourself

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