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Welcome to week six of your weekly self-care pack!

This week we're going to take a look at nurturing a positive view of ourselves. We will cover the things we can do to develop confidence in our abilities to solve problems and trusting our instinct to help build resilience.

Tips on how we can work on self-trust:



Avoid people who undermine your self-trust



Become your own best friend

Developing self-trust also includes becoming your own best friend, and that includes keeping promises to yourself.

"Making a commitment and keeping it builds trust."

For instance, you might make the commitment to create and keep a boundary OR you might make the commitment to go to bed earlier or to go for a walk every week.



Speak kindly to yourself

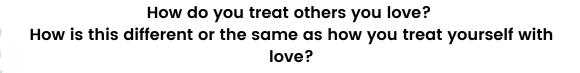
If we've had negative experiences and people have told us OR made us feel that we aren't good enough, we can end up believing that lie and it can really impact us on how we see ourselves.

The good news is, is that it is not true and this unhelpful belief can be changed.,
For example, the next time you make a mistake and blurt out "You're so stupid,"
catch yourself, and instead say, "That's OK. It was just a small slipup," or "Yes, that
was a big mistake, but I'll learn from it, and I love myself anyway."

Being understanding toward yourself when you make a mistake helps you be more understanding toward others when they do the same, the relationship with yourself is the foundation of all other relationships.

Questions we can ask ourselves:

Take a look at the questions below and reflect on what comes up for you, this is a great starting point to begin changing our mindset:



What are some areas you may need to work on?

What does self-love mean to you?

What are a few obstacles that seem to challenge your practice of self-love? Make a list: Brainstorm new ways to practice self-love while overcoming the previous obstacles/challenges.



Working on self-trust doesn't mean that we always trust ourselves to always say the right thing or make the right decision or follow every rule.

It's not about perfection.

Self-trust means that you trust yourself to overcome a mistake or failure.



You have worked so hard,
You have given so much,
You have made it through
countless moments of not feeling
good enough,
And if there are days where,
you still feel discouraged
Remember: You have come
so far, and no matter
how your low moments
have made you feel, they do
not define who you are.

-Morgan Harper Nichols-

Helplines

As Luminary Limited is a charity registered within the UK, the following helplines are UK only.

In the event you are concerned for your, or another persons' health or wellbeing, you can seek further information and help from the following:

If you or someone else is in immediate danger always phone 999.

For health queries that are not an emergency but you feel are urgent, you can call 111.

Mental Health

If you are experiencing Self Harm or Suicidal thoughts, call NHS: 111 and your GP for an urgent appointment.

Papyrus HOPELINE (under 35's): 0800 068 4141

Samaritans 116 123 or text Shout to 85258 www.mind.org.uk

Domestic Abuse

The National Domestic Abuse Helpline 0808 2000 247

National Stalking Helpline 0808 802 0300

Helplines

Homelessness

Shelter 0300 636 1967 shelter.org.uk

Local Authority Housing Options Teams (HOST) have a duty of care if someone presents as homeless. You can find the phone number for your HOST at: www.gov.uk/homelessness-help-from-council

Modern Slavery

Modern Slavery Helpline - 08000 121 700 modernslaveryhelpline.org

