

F E B R U A R Y 2 0 1 2
N E W S L E T T E R

Love Yourself

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‘To Love Oneself is the Beginning of a Life Long Romance.’

—Oscar Wilde

February is the Love Month for many. Valentine’s Day reminds us all of having a connection to a special someone; but what about nurturing that ever-present connection to the most special someone in our lives? Ourselves. Poets, philosophers, and psychologists have all written volumes about the importance of having a good understanding and relationship with the self. It has been said that no one can truly love another until they learn to love themselves. To be able to appreciate the self and be alone is a healthy, wonderful thing. But what does it really mean and how does that translate into our every day lives?

Get to Know Yourself

Take Good Care of Yourself- The first step in getting to know you is to be aware of your mind-body connection. When your body feels bad, so do you. Eating right, exercising regularly, getting enough sleep, getting outside and enjoying nature, and knowing when to take a break are all ways to take care of yourself.

Start a Journal- What better way to get to know yourself than to write down your feelings and assess your experiences on a regular basis? Journaling is a tool that is often recommended by therapists as a way to process emotions and get in touch with the root of our problems.

Trust Your Instincts- The ‘gut feeling’ you get when you are in a situation that makes you uncomfortable is often there for a reason. It may simply be fear of a certain outcome or it might mean that you need to remove yourself from the situation entirely. Knowing how to recognize and respond to your instincts and setting appropriate boundaries takes time and practice, but it could save you a lot of anxiety and grief in the long run.

See a Nutritionist- Many people don’t know what ‘eating right’ means, and it doesn’t always mean the same thing for everyone because our body chemistries are all different. A nutritionist can help you figure out what type of diet is right for you so you can get the maximum health benefits from your food.

See a Therapist- For some, the idea of seeing a therapist may be a nice thought at times when life has become overwhelming, but otherwise seems unnecessary. A therapist can be a wonderful sounding board to have whenever life has become challenging or you need someone to talk to.

Make Time to be Alone- How can you really know how you feel about being alone if you never take the time to experience and embrace it?

Challenge Yourself:

Take up a New Hobby

Is there something you’ve always wanted to try but haven’t? What better time to start than now? Fear of the unknown often stands in the way of us trying something new. But, the only way anyone got good at doing anything was by practicing it.

Take Dance Classes

You don’t have to be light on your feet or even have a partner to enjoy dancing. Rigby’s Jig in Richmond offers structured dance classes to singles as well as couples every month. Call (804) 864-2300 or visit www.rigbysjig.com

Go on An Adventure

This could be as simple as taking a walk in the woods. Going on an adventure doesn’t have to mean taking a vacation. Maybe there is a restaurant you’ve wanted to try or an art gallery you’d like to visit? Exploring your surroundings can be a great way to get to know yourself and meet new people in the process.