TriCity 50+

PROVIDING FAMILY SERVICES SINCE 1967

Feel-Good Friday

* Every person has made a combination of good and bad choices.
* Every person has experienced a combination of successes and failures.
* Every person has both strengths and weaknesses.

You are not alone in this ever-changing combination of factors that makes you human.

Knowing this, **you can accept yourself as an imperfect person.** You can see your faults without giving them the power to define all of who you are. You are more than any one part of yourself.

When your inner critic is running on overdrive, **suspend judgment**. Practice observing your circumstances, thoughts, and feelings without categorizing them as good or bad. Mindfulness exercises can help strengthen this skill of calming the impulse to judge yourself constantly.

When you find that you are experiencing guilt over a choice you made, take responsibility, apologize sincerely, make amends, and carry any lessons you learned into your decision-making in the future. Stop repeating the story in your mind, and instead, **focus on the strength you gained from the lessons you learned**.

Purposefully find delight in who you are. View yourself as a friend and communicate compassion to yourself.

Check the running dialogue of thoughts and images in your mind and set some positive messages on repeat, such as "**You are learning and growing every day.** You are worthy of love and support. You are compassionate to yourself and others."

You Can Nurture Self-Compassion

To receive email updates on current Emotional Wellness Programs, including virtual presentations, send an email saying "Feel Good" to emotional-wellness-no-reply@tricityfamilyservices.org