

Encouragement 26

Dear PCS Friends,

Take what delights you and leave the rest.

1. **Self-Care Is One Of The Greatest Gifts You Can Give To The People You Love.** I truly believe that taking the time to be good to ourselves, to be as healthy as we can be, and to make our own well-being a priority is one of the most generous things we can do for others. It makes us kinder, less irritable, and more pleasant to be around. Your happiness is truly infectious. Just think about how reassuring it is for you to know that the people you love the most are happy and well. When I know that my family and friends are taking care of themselves, I feel so happy and I can rest, knowing I don't have to take care of them. So next time you worry that focusing on your own self-care is selfish, remember that you can reframe this to see taking care of yourself as a way to take care of the people in your life that you love the most and who love you.
2. **Speak Gently To Yourself.** We are so often our own worst critics. I'll bet there are times when you speak to yourself in a way that you would NEVER speak to someone else... and I'll bet it's not very kind. I invite you to listen to the way you speak to yourself and start speaking to yourself as you would your most beloved friend or family member. Fall in love with yourself. Ask yourself, how would I support my best friend in this situation? And then give that same love and support to yourself. You can even hold your own hand, give yourself a hug, or a sweet smile.
3. **You Are Enough.** Right now. Just as you are. We will always be growing and changing and getting better and accomplishing more and better things. But I also invite you to recognize that you are completely lovable and precious right now. You always have been and you always will be. No matter what.

Warmly,

Becky