

31 Encouragement

Hello my dear friends!!

I hope you are well and getting excited about summer fun!

As always, take what delights you and leave the rest.

1. **Self-love is Not a Casual Affair.** True self-love and compassion include telling yourself the truth, holding yourself to high standards, and supporting yourself to grow and change as needed. Just think, when you really, truly love someone and are invested in them, you are willing to have the difficult conversations and hold the mirror up to help them see where they need to improve for their own sake. The same goes for loving yourself. Part of this self-love is about unconditionally accepting yourself, but even when you unconditionally love yourself, you can have high expectations. Also, stay solid with yourself and support yourself all the way through your struggle to make changes. Give love, grace and patience to yourself and others. When times are dark, you need more love, not less.
2. **It's Normal to Feel Weird!** I'm noticing a theme in the conversations I'm having. As we're coming back into more social interactions several things are becoming clear. One is that we all feel sort of weird and awkward and like maybe we have forgotten how to be with one another. Even super socially adept people I know are having this struggle so for those of us who already tend to be a little socially awkward, introverted, or delightfully different, this discomfort can be especially pronounced! :) I'm also hearing that people are feeling left out or like everybody's been socializing without them. I can assure you that that is most likely not the case. We're all figuring out how to come back together and we're all in this together! So, if you feel weird, be kind to yourself and be kind to others as we are all going to stumble and not engage in our relationships super gracefully at first. Whenever possible have a sense of humor about it and give yourself and others some extra gentle love. There may be some truth that some of our relationships have changed and are not going to be primary in our lives anymore. New relationships are ripe for cultivation. Grieve and let go of the relationships that have run their course and lean into the new relationships that make your heart smile.
3. **Do Something Fun Today.** That's a reminder and an official assignment!

Warmly,

Becky