

# How Can You be Kinder to Yourself as You Make 2018 Your Best Year Yet?



By Eve Menezes Cunningham



Think about the year ahead, maybe there are certain times you need to up your self-care

One theme that runs through all my work (writing and with clients and students) is encouraging people – myself included, progress not perfection – to notice ways in which we can be kinder to ourselves.

Teaching yoga, what happens when we really ease into poses honouring our body's wisdom rather than potentially injuring ourselves or beating ourselves up for all sorts of ridiculous things? Again, it's a practice and even though I teach it, when I remember to do it myself, everything falls back into place. Until I forget again.

When goal setting for the year ahead, whatever model you choose to work with, how can you build extra kindness and ease into the process?

How can you take extra good care of yourself, Future Pacing to potential obstacles and putting plans in place to nourish and ease the points where you might otherwise want to give up?

Maybe you will want to build in points to wallow and indulge your less resourceful self. Attempting to be 100 per cent positive and upbeat is not sustainable. The more we allow

ourselves to experience the full emotional landscape, the more we can appreciate the good things. But it's not about beating ourselves up when we're feeling 'negative' or scared, rejected, lonely or anything else that doesn't look so good on social media.

When you think about the year ahead, maybe there are certain times of year you need to up your self-care. We have more awareness around conditions like Seasonal Affective Disorder now but maybe other times of year are a struggle. Maybe anniversaries of losses or traumas. Often the body remembers even before we consciously connect our feeling a bit down with the anniversary of a shocking or sad event.

Looking through your diary, calendar, or planner now, how might it feel to consciously block out some time around such seasonal sadness to do something extra nice for yourself? Not giving into past pain but bolstering yourself for those times you may need extra support without necessarily feeling resourceful enough to access it.

If the idea of self-care feels indulgent and you think you 'ought' to be able to just do whatever it is you plan to do this

year, maybe apply the Three Legs of NLP.

Think about the previous times you've attempted to sort this particular area of your life. Has it worked? If not, maybe this kinder, more compassionate approach will give you the boost you need to not quit on yourself when things get tough.

How might you adapt your approach just a little? Who in your life might support you in noticing your language around your goals and overall self-care? Who encourages you to be kinder to yourself and who triggers the old patterns of potentially bludgeoning yourself to the point where your clients wouldn't recognise your lack of compassion but it's your default when dealing with yourself?

What anchors might you place around your home, car and workspace? What smells help you connect with that compassionate kind self that knows you're worth taking good care of? What images? Sounds? Foods? Maybe a particular piece of furniture will help?

Which other self-care ideas spring to mind for you as you ponder 2018?

Wishing you a very happy, healthy, prosperous and easy 2018! ●