

Self-Gratitude

We often take the time to show gratitude to others but it is important as part of self-care that we show ourselves thanks and gratitude.

Remember to speak to yourself and about yourself in a way that you would speak to someone else that you care about. Often, we can speak much more negatively or critically about ourselves - in a way we would never speak about someone else. It is important to recognise the impact on ourselves and our wellbeing when we do this.

The following checklist contains different ideas and suggestions of ways you can show yourself some self-gratitude.

	<i>Buy yourself some flowers or something else visual to brighten up your classroom.</i>
	<i>Buy yourself a gift, such as some new clothes or a book.</i>
	<i>Plan a day for doing no work at all and fill it with relaxing or 'fun' jobs to do.</i>
	<i>Go for a massage or engage in something that helps you to feel relaxed and allows you to rest.</i>
	<i>Write down positive thoughts to yourself and say these out loud.</i>
	<i>Ask others to write a positive note about you and pop these in a jar to read to yourself.</i>
	<i>Spend some time outside, enjoying the world around you.</i>
	<i>If anyone says anything negative to you or about you, try to think of a positive about yourself to try and balance that view.</i>
	<i>Surround yourself with people who motivate and inspire you. You can do this in person, on the news, or on your social media feed.</i>
	<i>Ensure there is something in your life you care about. This could be a plant, pets or children but something that needs your love and care.</i>
	<i>When someone pays you a compliment, say, 'thank you,' rather than responding with a self-criticism or being dismissive. It is important to accept a compliment.</i>