



# Sense of Self

## Your Relationship with Yourself Matters

### What is a self-relationship?

A self-relationship is how you view, understand, talk with, and respond to yourself and your needs. It's how you feel about your body, moods, mindsets, and behavior. Furthermore it's how you treat those parts of yourselves, whether it's with support, encouragement, and compassion or criticism and dissatisfaction.

### Why does your relationship with yourself matter?

How you think of yourself — and treat yourself — is one of the first relationships you have. As it turns out, this relationship is extremely important because it can influence all of the others that follow.

How you relate to yourself might seem insignificant, however, when you invest in self-love, you reap important benefits. A healthy relationship with yourself may help you better cope with life challenges and improve your mental wellbeing. It will also likely improve your social relationships and work productivity.

### How to build a healthier relationship with yourself:

It's important to learn how to build a more positive self-relationship in order to become more resilient. Viewing yourself as a person worthy of compassion and care will help you move through challenging emotions more easily. The following are tips for strengthening your relationship with yourself:

1. **Check-in with yourself often:** Take time to recognize how you are feeling in the moment.
2. **Validate your feelings:** Accept your feelings — good or bad — without judgment.
3. **Protect yourself by setting boundaries:** Remember it's OK to say, "no".
4. **Let your needs take priority:** Avoid letting unmet needs turn into resentments.
5. **Make time for yourself:** Spend time on self-care and doing things you enjoy.
6. **Consider journaling:** Write down whatever comes to mind to further explore your thoughts.
7. **Use positive affirmations:** Focusing on what you like about yourself grows feelings of self-worth.

**The EAP recognizes that your relationship with yourself is incredibly important for maintaining your mental wellness as well as your relationships with those around you. Reach out for support.**