



## — WAYS TO START — **Loving Yourself And STOP LOVING THEM**



Take out some me time for yourself each day.



Do not blame yourself for whatever happened. You are not responsible for everyone's behavior.



Do things that make you happy.



Avoid going down a spiral of memories and thoughts. Focus on the present.



Focus on your health, both mental and physical. Take professional help if needed.



Have patience and look at the positive side of life.

