



A Sense of Selfness

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During times of crisis, change, and uncertainty, it is commonplace to look to others for direction, security, and reinforcement of self-worth. Yet, within each of us, lies the ability to generate these positive feelings of “selfness.”

Much of your self-worth is, and will continue to be, driven by your inner voice, your self-talk and your environment. Here are just a few actions you can take to help foster your sense of selfness:

- ☆ Fill your mind with thoughts of peace, courage, and hope.
- ☆ Surround yourself with whatever it takes to generate inspiration.
- ☆ Use music or readings to create the environment you wish.
- ☆ Remind yourself of all the good you have done and continue to do.
- ☆ Learn from every situation.
- ☆ Do not compare yourself to others... be you.
- ☆ Don't try to please everyone...you can't.
- ☆ Consider opportunities to create happiness for others.
- ☆ Even if times are tough right now, count your blessings.
- ☆ Start a file that houses evidence of your peace, courage, accomplishments, kudos and recognition. Review this periodically especially when you need affirmation.
- ☆ Take time for you.
- ☆ Don't be afraid to say no when you feel overwhelmed and need time for yourself.

Remember the words of Winnie the Pooh

“Promise me you'll always remember: you're braver than you believe,
stronger than you seem, and smarter than you think.”

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