



# A potion for self-love

by **Sasuli Vidana**

Doctor of Philosophy HR Management

Starting your life in a whole new country as an international student can be quite challenging. It is so important for us to practise 'self-love' to fight off negative thoughts. You often love many people in your life such as your parents, siblings, or your partner, and often forget to love the person who matters the most. It is very important to love yourself to be the better version of yourself. I have used the acronym 'HEART' to cluster the principles of self-love, which we can practise in our daily lives.

## ***The first principle for self-love is 'H' for 'Honesty'***

You need to be honest about your feelings, thoughts, and actions. This helps to validate your emotions and identify the areas for improvements within yourself.

## ***The second principle is 'E' for 'Empathy'***

This is about being empathetic about yourself and trying to understand yourself better. You often be kind to others and help them but should not forget to project that kindness and compassion towards yourself to feel deeply loved. Do not overwork yourself and take a mental break if needed. This will help you to balance out life.

## ***The third principle is 'A' for 'Acceptance'***

This is about accepting yourself, including your flaws and shortcomings. You have to quiet down that little voice inside your head which always criticises and judges you for the smallest things. Being comfortable in your own skin is a key to happiness and fulfilment. This will assist you to develop your self-esteem and find a sense of peace within yourself.

## ***The fourth principle is 'R' for 'Resilience'***

Everything can be a challenge when you are adjusting for a new culture and a new environment. Resilience is the ability to bounce back from challenges and setbacks that you encounter in your life. Try to recover yourself from others' criticisms, failures and difficult situations which might happen too often. You will develop a strong sense of self-worth if you adequately practise resilience, which will eventually make you proud one day.



University of  
South Australia

## ***Bupa Wellbeing Competition***

### ***The fifth and final principle is 'T' for 'Trust'***

You must have faith in yourself and your ability to make decisions. You can shape up your future by trusting your intuition and instincts and making valid decisions. Always believe that you are capable of making the right choices for your life.

The above 'HEART' principles will help you to gradually start loving yourself. So, let's start loving ourselves today.

# A potion for **SELF LOVE**

**H - Honesty**

**E - Empathy**

**T - Trust**

**R- Resilience**

**'HEART'**

**A- Acceptance**

