

Self-Love: A means for Enhancing Happiness and Well-being

Dr. Sreekala K.L. [1]

Article History: Submitted: 19th May, 2021,
Published: 30th June, 2021.

Revised: 04th June, 2021,

Accepted: 24th June, 2021,

Self Love is regarded as the love of self related to one's happiness and well-being. It is directly regarded to the self-regard one have with his self, leading to happiness. It also means taking proper care of one's own needs and pleasures, and not sacrificing energy for pleasing others. Its level varies from individual to individual because of changes in attitudes, likes and aspirations. It helps us positively when we feel ashamed to doubtful. Self love tries to identify the reasons and promotes our self confidence.

Studies show that, individuals who love themselves are less likely to suffer from conflicts, worries, anxieties and tensions. It also fosters positivity in our minds, which is a most needed aspect in this pandemic eve. Also it reduces the level of procrastination, reduces stress in an individual, helps in coping with emotions, and helps in focussing us towards the needed goal. Some psychologists regard self love as part of selfishness. But it is never selfish: it all about loving our own self, fulfilling our desires in a pure, true and genuine way.

Nurturing Self love is very easy but we can achieve it by following some select practices. Most important aspect is, do not get worried about other people's opinions. We cannot satisfy the needs of everyone in the society. So do the best and avoid such negative comments. Moreover never get tensed on our little mistakes. Nobody is perfect in this world. So consider the mistakes as challenges and be with it. It helps in fostering our self esteem as well as self efficacy. Similarly body looks and body language is a matter of concern to many. Negative comments also matters. Ignore all these unnecessary aspects and be happy with what we have. We must realize the fact that success didn't lies on our looks but based on our confidence and power in goal setting.

Always try to be in the company of people with positivity. Negative groups always bring toxicity into our lives. So liberation from negativity is very important to foster self love. Moreover fostering our mental health is also important. As human beings, we cannot run away from the day to day issues which arise in life. So be assertive and bold, try to process our fears and tensions, understand them which in turn help in unmasking the fears. Practicing decision making is also important. In a situation where we need to take a strong decision, we often doubt our ability to take it. But if we try to value our self, such feeling of shame and doubt, never arise. So by analysing the situations within our limits, try to take decisions which always have a positive impact to our self.

Always try to give preference of one's own self first. Because once self satisfied, we can enhance the satisfaction in others also. Never try to put limitations in our emotions and feelings. Whether it is pain or pleasure, express it fully without hesitation. Often emotions became dangerous, when it has no outlet. Try to be assertive. We must culture the habit of saying 'no' to what is not appropriate to us. Always try to be kind and passionate to our selves. Then only we can find beauty and happiness in every simple achievement in our life. Above all, one significant behaviour is to stop comparing ourselves with others. Unhealthy comparisons always lead to self pity and self torturing.

In the present pandemic scenario, Self love is an important element to live, without many frustrations. It always helps one in coping with the problems in life. But we need to aware the fact the self love cannot obtained through a beauty make over, or entering into a new relationship. Because, it is not simply a state of feeling good. It is a state of Meta cognition or higher level of appreciation towards our self, which grows only through actions that support our psyche, physical and spiritual growth. Sine self love is a dynamic process, it fosters the actions. With our love towards our self, we began to accept our weaknesses and try to practice ways to improve it without shame or doubt. With the compassion and kindness, we try to list our shortcomings, and try to fulfil it with our abilities.

Inculcation of Self love is very important in life. Psychologists suggest the following steps to enhance the level of self love. Some are pointed out here:

- ✓ Became Mindful: Mindfulness helps a lot in fostering Self love. People with Mindfulness always try to analyse their abilities with their existing stock of knowledge and accept only the elements which leads to positivity.
- ✓ Work out on Needs: We all know the fact that Human Needs are unlimited. No limitations for our wants. So try to analyse what we need in the present hour and achieve it. So selection of needs based on urgency is very important.
- ✓ Nurture Self Care: If we really love ourselves, no doubt that we take care our self also. Need to nourish healthy activities like balanced diet, regular exercise, proper sleep, maintaining positive relationships, all matters.
- ✓ Set Limits: Set boundaries in every areas of life: family, work place, society etc. If the assigned work is not in our control, feel free to say 'no' to it. Also try to avoid activities which harm our thoughts, emotions or actions.

^[1]Associate Professor, N.S.S. Training College, Changanacherry, Kerala State.

- ✓ Avoid Negativity: We know that some people around us enjoy in our troubles and pain rather than being a support system. Whoever may be, avoid and ignore them totally. We have no time to waste on such silly aspects. We need to protect ourselves. Avoid negativity by remaining positive.
- ✓ Live with Pre-set goals: Always try to fix concrete and clear goals in our life. If we decided to lead a healthy and satisfied life with the available resources, work hard to reach out the destination. If we work with self respect and efficacy, we can achieve the set goals.
- ✓ Nurture an Inner Critique: All our thoughts and beliefs are not always right. So nurturing an inner critique helps us, in selecting the right options and keeps us safe.
- ✓ Step out from the Comfort zone: We always like to stay within our comfort zones. Take challenges as opportunities and step out from the zones and act boldly on it leads to favourable solutions.
- ✓ Behave with Love and Respect: Behave with positivity to others which give us satisfaction of our self. Never mind others who didn't repay our favours, because it is their problem, not ours.
- ✓ Write down Worries: Note down all the aspects which cause us headaches, in a paper or book and later tear it up or burn it. This activity helps in releasing stress.
- ✓ Try to be Realistic: We need to face so much unexpected realities in life. Try to be practical rather than remaining depressed.
- ✓ Promote Fun in actions: Involve in activities which help in maximum enjoyment and fun, enjoy activities being you, which in turn fosters self love.

Self-Compassion is very much related to Self Love. It is the ability to show love, understanding and acceptance to ourselves. According to Kristin Neff, Self compassion is having three key elements: Common humanity, Mindfulness and Self-Kindness. All these three components promote self love.

Now let us look in to the major benefits of Self love. We receive happiness only from our inner self. Self love very much contributes in handling day t day issues. Hence it helps in enhancing the resilience power within us. Moreover, person with love of self is always motivated in moving towards the pre set goals, and achieving it which in turn fosters his well being. Recent studies in Self love show that it can foster the immune functions in the human body. Also it helps in stress reduction and emotional problems in individuals. Self love is always regarded as in association with Self Confidence, Self Acceptance, and positive Self Regard. After all, it is warm and caring also. It is the unconditional support, self care and compassion we give ourselves which in turn leads to higher level of self esteem, good health, happiness and confidence, which all leads to ultimate happiness and well being in individuals.

I. CONCLUSION

From the above discussions, it is crystal clear that we can enhance our level of Self Love through the mentioned practices. If we follow such positive practices in our day to

life, we began to accept our self and starting love our selves. The more self love we have within us, we are better prepared for a happy life, which in turn naturally fosters our well-being.

II. WEBSITE REFERENCES

1. <https://www.psychologytoday.com/us/blog/get-hardy/201203/seven-step-prescription-self-love>
2. <https://www.healthline.com/health/13-self-love-habits-every-woman-needs-to-have>
3. <https://www.emilyprogram.com/blog/the-health-benefits-of-loving-yourself/>
4. <https://www.theodysseyonline.com/importance-loving-yourself-unconditionally>
5. <https://lovingyourself.wordpress.com/conclusion>
6. <https://www.thedailystar.net › lifestyle › news › the-impor..>
7. <https://thoughtcatalog.com › racquel-manuel › 2016/11>