

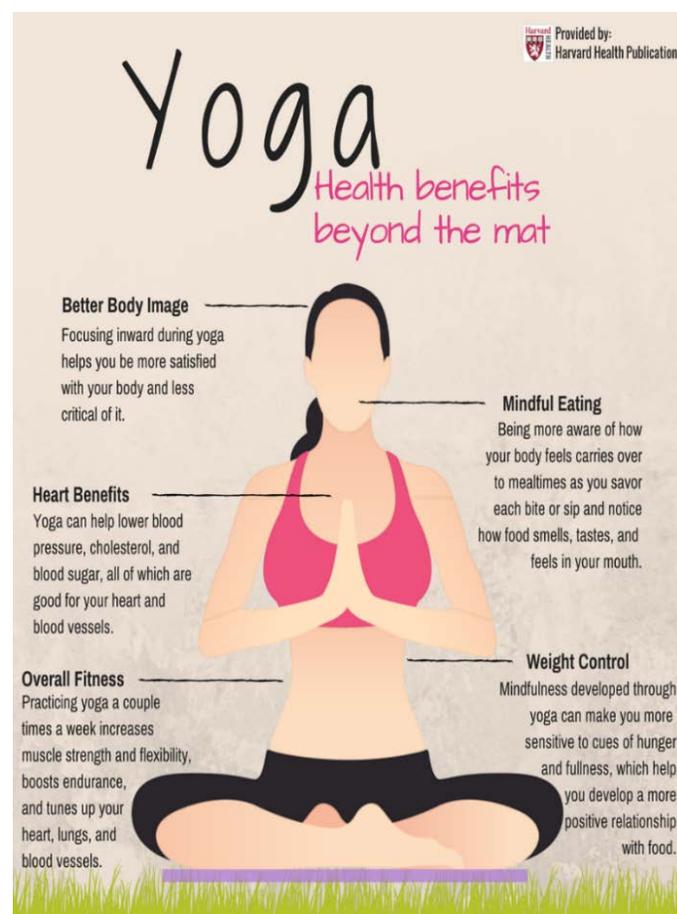
The York University Staff Association Health & Wellness News & Views

How are you, “really”? If you ask everyone but yourself how do you “really” know? Loving and caring for others comes easy, but taking the time out of our busy lives to truly connect with ourselves can be one of the hardest things in this world to do. We’re so busy waiting for someone to love us that we’ve forgotten about the one person we need to love first—ourselves. When people start to take the time to embrace and love themselves, it’s amazing how their lives improve. They feel better, their more confident, their more positive, they have the job they want, they have the money they need, their relationships become stronger, the negative ones dissolve and new ones begin. Unfortunately, when it comes to self-love we often put conditions on our love. We will love ourselves once we lose the weight, or get the raise, and the new car, and the new boyfriend, and whatever... But the good news is, we can change! We can love ourselves just as we are, right here right now!! It’s time to take the time for you!

Love is something we choose, just like the choice to feel hate, sadness, resentment, anger etc. and slowing down to take the time to face these uncomfortable emotions rather than pushing them aside gives them less power, which in turn allows for positive affirming emotions. Allow yourself to embrace these emotions without judging yourself for them. Be willing to embrace your imperfections and excuse your bad days. Don’t set crazy high standards for yourself emotionally and mentally. It’s normal to feel sadness and pain and to hit some low points in life. You’re not perfect. No one is. You don’t have to be at the top of your game every day. Learning to love yourself is key to accepting who you are and building self-confidence and self-esteem. Think positively and avoid perfectionism. Focus on your positive attributes and reflect on them daily.

The health benefits of yoga need no new emphasis, it is a centuries old practice of holistic self-awareness that leads to harmony between body and mind. Practicing yoga enhances self-love allowing for an

opportunity to focus on yourself, live in the now and tune into your body’s needs. Well practicing yoga postures with your own body weight, yoga makes you trust your own body and listen to what your body tells you. Even in a yoga class filled with other people, yoga is the time where you cannot focus on anyone but yourself. Namaste



In our society today, doing nothing is often associated with laziness and a complete waste of time. Yet it has been proven time and time again that there are big benefits to tuning the world out and doing well, almost nothing. The benefits of meditation are endless. This relaxation technique will help you feel centred and your mind, body &

soul will thank you. In taking time to meditate and focus on building positive feeling towards yourself, self-love, you immeasurably change your experience of life and in doing so you create a far more pleasurable experience for yourself and for everyone around you. A wonderful result of this is that people become more positive towards you too, therefore intern you attract greater positivity and love. So, in coming to love yourself you bring greater amounts of love and compassion from everyone around you too.

Self-love is pivotal in creating a passionate, fulfilled and joyful life. When we make ourselves our priority and take the time for ourselves we let down our walls, we open ourselves up to give and receive the love we deserve. Make "YOU a priority. Your Worth it!

FYI - YUSA offers members a free lunchtime fitness program which includes yoga/relaxation classes. YUSA also offers Mindfulness Meditation sessions. Please visit the YUSA website at <https://yusapuy.ca/> scroll down to the calendar for these and additional YUSA initiatives.