

Being Nicer To Yourself

Many women including myself have a hard time while learning new things. We are often hard on ourselves while going through hard times in life. In the following story, you will find some suggestions about being nicer to yourself during those times.

As a student, mother, daughter etc., I can sometimes feel overwhelmed. Often when I'm in class and I can't grasp a school project, I get frustrated and I am hard on myself. Today is a fresh start to a more positive outlook on learning and life. From this day forward I'm going to try my best to be nicer to me. First, I will start by saying to myself it's OK if I have a hard time understanding certain projects. I am here to learn, it's not a race. The most important part of making a mistake is to learn from it and don't do it again if possible.

Secondly, I will take time out for myself (remove myself) and walk around for a couple of minutes. I find with any stressful situation in life, it makes all the difference to remove myself from the situation and simply breathe.

Most importantly while going through a struggle, I must learn to treat myself to a couple of hours of pampering. This would include a nice warm bubble bath with a great book or going for a pedicure. By doing these things, it will help me to be more relaxed and therefore concentrate better.

To sum up, the nicer I am to me, the struggles will not seem as overwhelming. I will feel calmer and have a clearer head to there for the rest of my family. Next time when I'm sitting in class feeling overwhelmed, I will simply get up and go outside for a five minute walk. And say to myself –It's not a race everyone learns at their own pace. More importantly always keep your head up and remember its one day at a time!

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