

## Be Your Own Cheerleader!

By Laila Harris, Resource Centre Coordinator

February is often thought of as the month of love. While we often let others know how much we care about and appreciate them, we must also remember to love ourselves! Check out these tips on how to be your own cheerleader and improve your overall experience of life!



- ◆ In addition to getting help when you need it, try to be kind to yourself and work on staying positive. If you need someone to talk to, try calling Guelph's Youth Support Line: (519) 821-5469.
- ◆ Notice what you do right, and remind yourself of this when you get a lot of negative feedback. Remember that everyone makes mistakes!
- ◆ See if there's an element of truth in criticisms. Can you learn something constructive, even if it's not phrased very nicely?
- ◆ Reward yourself—get a treat once and awhile. Celebrate when something goes right!
- ◆ Remember, everyone has hard days! Think about how you can make tomorrow better.
- ◆ Learn to relax when you feel stressed—try deep breathing, walking, reading, or imagining something fun that will happen later!
- ◆ Take time to take care of yourself. Things like exercise, adequate sleep, and eating well will make a big difference in your stress levels.