

A Letter To Myself



YOU are brilliant!
It's time to celebrate how far you have come, your achievements and strengths.

Lets face it, we're great at praising our family and friends, but less so when it comes to shouting our own successes. **So, write a letter to yourself...**

Yes, an actual letter. Writing down how great you are rewires your brain through having more positive thoughts about yourself, which in turn helps release tension, anxiety, negativity, guilt, pain and can help build up our mental strength.

It also helps if it is the written word rather than the typed version, as there is much more ownership and it is totally personal to you.

Find Support

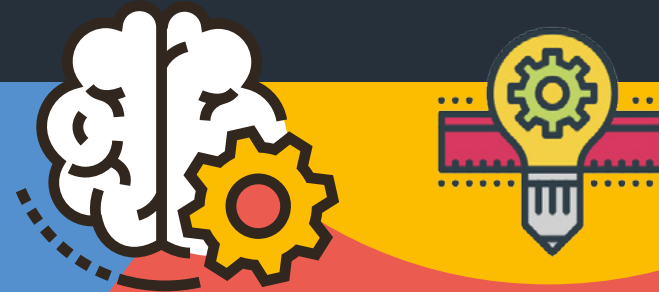
NHS - feeling good positive mindset
www.nhs.uk/apps-library/feeling-good-positive-mindset/

Mind.org.uk - improving self-esteem
www.mind.org.uk/information-support/types-of-mental-health-problems/self-esteem/about-self-esteem/

Speak to LifeWorks

You can contact the Employee Assistance Programme (EAP) from a UK landline or a mobile with **FREE** contract minutes on **0800 069 8854**.

For online support, you can visit the LifeWorks website.
www.coop.lifeworks.com



Give your letter a go, start it with...

Dear me,
Within your letter tell yourself your strengths, list them all. Just keep on going, don't be shy there will be lots.



Tell yourself what you are grateful for. Practicing gratitude each evening with 2 or 3 things (more if you like) you are grateful for, can help you to recognise what you have, perceive kindness in yourself and others and can make you happier and feel more energetic.

Finally, your letter should outline some of your achievements. Make a list of all your achievements both personally, as a friend, as a colleague, as a parent - whatever they are.

Recognising and celebrating success helps you to feel good, when you feel good there are chemical changes in your body. In turn, feeling good can help you to do more as a result of the feeling. So write down a list of your achievements and successes.

When you've finished your letter, think about getting yourself a success note pad and make this a new daily or weekly habit!! Keep this up to date and feel great each day!

