A SEVEN-STEP PRESCRIPTION TO SELF-LOVE

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Self-love is a popular term today that gets tossed around in normal conversation. "You have to love yourself more." "Why don't you love yourself?" "If you only loved yourself, this wouldn't have happened to you." "You can't love another person until you love yourself first." These are just a few of the self-love directives that we give or get to suggest a way to more living fulfillment.

Self-love is important to living well. It influences who you pick for a mate, the image you project at work, and how you cope with the problems in your life. It is so important to your welfare that I want you to know how to bring more of it into your life.

What is self-love, then? Is it something you can buy a beauty makeover or a new set of clothing? Can you get more of it by reading something inspirational? Or, can a new relationship make you love yourself more? The answer to all of these questions is No! Although they feel good and are gratifying, you can't grow in self-love through these types of activities since self-love is not simply a state of feeling good.

Self-love is a state of appreciation for oneself that grows from actions that support our physical, psychological and spiritual growth. Self-love is dynamic; it grows by actions that mature us. When we act in ways that expand self-love in us, we begin to accept much better our weaknesses as well as our strengths, have less need to explain away our short-comings, have compassion for ourselves as human beings struggling to find personal meaning, are more centered in our life purpose and values, and expect living fulfillment through our own efforts.

Here is my Seven-Step Prescription for Self-Love:

- **Become mindful.** People who have more self-love tend to know what they think, feel and want. They are mindful of who they are and act on this knowledge, rather than on what others want for them.
- **Act on what you need rather than what you want.** You love yourself when you can turn away from something that feels good and exciting to what you need to stay strong, centered, and moving forward in your life, instead. By staying focused on what you need, you turn away from automatic behavior patterns that get you into trouble, keep you stuck in the past, and lessen self-love.
- **Practice good self-care.** You will love yourself more when you take better care of your basic needs. People high in self-love nourish themselves daily through healthy activities, like sound nutrition, exercise, proper sleep, intimacy and healthy social interactions.
- **Set boundaries.** You'll love yourself more when you set limits or say no to work, love, or activities that deplete or harm you physically, emotionally and spiritually, or express poorly who you are.
• **Protect yourself.** Bring the right people into your life. I love the term frenemies that I learned from my younger clients. It describes so well the type of "friends" who take pleasure in your pain and loss rather than in your happiness and success. My suggestion to you here: Get rid of them! There isn't enough time in your life to waste on people who want to take away the shine on your face that says, "I genuinely love myself and life". You will love and respect yourself more.

• **Forgive yourself.** We humans can be so hard on ourselves. The downside of taking responsibility for our actions is punishing ourselves too much for mistakes in learning and growing. You have to accept your humanness (the fact that you are not perfect) before you can truly love yourself. Practice being less hard on yourself when you make a mistake. Remember, there are no failures if you have learned and grown from your mistakes; there are only lessons learned.

• **Live intentionally.** You will accept and love yourself more. Your purpose doesn't have to be crystal clear to you. If your intention is to live a meaningful and healthy life, you will make decisions that support this intention, and feel good about yourself when you succeed in this purpose. You will love yourself more if you see yourself accomplishing what you set out to do. You need to establish your living intentions to do this.
February is National Library Lover’s Month and I would like to turn our attention to the background of some of the buildings that we enter or pass by without really thinking about. Here at UCR, we have three major libraries for our usage – the Tomás Rivera Library, Orbach Science Library, and the Music Library. As much as these spaces are available for us to retreat for studying and gathering research materials, they offer an opportunity to expand our learning.

Fast Facts:

1. Rivera Library
   This was one of the 5 original buildings at UCR was completed in December 1953. It was renamed after Chancellor Tomás Rivera in February 1985. Rivera’s holdings are primarily in the humanities, arts, and social sciences. The library also hosts the Special Collections and University Archives.

2. Orbach Science Library
   - Orbach opened its doors in August 1998
   - It was renamed after Chancellor Raymond L. Orbach in November 2009.
   - As its name suggests, the library is primarily for CNAS holdings. Additionally, the library hosts a Map Collection, Patent and Trademark Resource Center, and the Water Resources Collections and Archives.

3. Music Library
   - Unfortunately, I was not able to find much on the history of this resource, but they have unique collections including one on

African American Life & Culture and another on Japanese Hip Hop!

As you can see, these libraries offer unique resources that allow us to enhance our research, but also to spark research interests and explore new areas. For instance, I visited the Special Collections and University Archives and explored the collection on Tomás Rivera, the first Mexican-American chancellor of the UC system and the namesake of the library. While I did not have a research project to do this on, I began to learn more about a man who endured discrimination and paved a way for young students of color like myself. Furthermore, I handled documents that had his handwritten notes and found a card that indicated his support for President Jimmy Carter’s reelection campaign (this fit my research interests so it was a fun and unexpected discovery!). But, maybe your interest is not in history, maybe it’s in GIS or the enhancement of your geographic modeling capabilities. Visiting the Map Collection, you will find GIS workstations and information on workshops related to GIS. It really is amazing to experience what our university can offer us.

Overall, I hope that this article challenges you to take a few minutes to explore our libraries and dive in. You don’t really know what you will find or how you will be affected by these resources until you go!
CALENDAR OF EVENTS

*Please note that the times and locations may change.*

Falkirk Food Info & Fun
Have you ever wondered what you are actually eating? Let’s find out!
Falkirk Pool House
2/5/18 @ 7:00 pm

Valentines Day Grams
Show your valentines some love with a personalized Valentine’s Day Gram!
Glen Mor M Building - Study Lounge 3rd Floor
2/6/2018 @ 6:00 pm

Do You Want To Build A Sundae?
Build your own Ice Cream Sundaes at this social gathering between Buildings F & G
Glen Mor F.L.C. Courtyard
2/6/18 @ 7:00 pm

LOVE YOU[RESSELF]
Come decorate a journal and DIY crafts while learning the importance of self-love!
Glen Mor C Building Study Lounge
2/6/18 @ 7:00 pm

Master Glen Mor Chefs
Learn how to cook a meal with your very own Glen Mor Chefs!
Glen Mor D203
2/6/18 @ 7:00 pm

Will You Accept This Rose?
Come learn about consent, appreciation for romantic and social relationships through the theme of “The Bachelor.”
Glen Mor L Study Lounge
2/6/18 @ 7:00 pm

Check Your Privilege
A program where residents can come and learn to be proud of who they are and the importance of diversity.
Stonehaven Lobby
2/7/18 @ 6:00 pm

Speak Your Way to an A!
Come learn to improve your public speaking skills!
Glen Mor K106/108
2/7/18 @ 6:30 pm

Skin Health 101 & DIY Body Scrubs!
Come learn about how to keep your skin healthy while making your own organic body scrub!
Falkirk Pool House
2/7/18 @ 7:00 pm

Let Talk about Sex
Learn safe sex tips, debunk sex myths and win prizes!
Glen Mor Study Lounge in building L
2/8/18 @ 6:00 pm

Condom Bingo
Get informed and get prizes!
Oban Pool House
2/9/18 @ 5:00 pm

Happy Hearts Social!
Share something that has made your heart happy and hangout!
Glen Mor Study Lounge in building L
2/12/18 @ 5:30 pm

Love in a Jar
Come decorate a love jar for your loved ones!
Glen Mor C-001
2/12/18 @ 6:00 pm

In Appreciation of You
A DIY project spreading care and appreciation in light of Valentine’s Day.
Glen Mor L Building Study Lounge
2/12/18 @ 6:30 pm

Valentine’s Day Condom Bingo!
Test what you know about anatomy. STIs, & other Valentine’s Day topics to win cool prizes!
Glen Mor B Building Lobby
2/12/18 @ 7:00 pm

DIY Valentines Mugs
Come decorate your own DIY mug in celebration of Valentine’s Day!
Glen Mor E: building 3rd Floor Terrace
2/12/18 @ 8:00 pm

Sextacular
An interactive program exploring sex, health, and sexuality education.
Glen Mor A Building Lobby
2/12/18 @ 8:00 pm

Love Thy Selfie
Take a Polaroid & learn about the importance of self-love.
Glen Mor E Building Lobby (3rd floor) 2/13/18 @ 7:00 pm

Plate Party
D.I.Y. Program on Deco Plates
Glen Mor Building C Terrace
2/13/18 @ 7:00 pm

Make Your Own Teddy Bear
Take a study break and make a cute teddy bear.
Falkirk Pool House 2/15/18 @ 7:00 pm

Give Mor Good
Participate in community service and help build care packages for the homeless!
Glen Mor M Building Lobby
2/20/18 @ 5:00 pm

WHOA Dough!
Heat up the winter at the fire pit and make your own play dough!
Glen Mor Fire Pit
2/20/18 @ 6:30 pm

DIY Soap!
Take a break from studying and make your own custom soap!
Glen Mor B Building Lobby
2/21/18 @ 7:00 pm