

HOW TO:

# Self Love



**HEALING** SPACES

A background image featuring a close-up of green leaves on a branch in the upper left corner, with a soft, out-of-focus green background. A large, dark grey quotation mark is positioned above the text.

“

how you love yourself is how you  
teach others to love you.

RUPI KAUR

# Table of Contents

01

## About Kelsey Grimm & Healing Spaces

Kelsey is the founder of Healing Spaces and ridiculously passionate about Mental Health. Learn about what she cares about and what it is like to be supported by the amazing counseling team at Healing Spaces.

02

## What is Self-love?

An overview of what self-love is

03

## Why Self-love?

What is the big deal?!

04

## Activity

Try out this suggestion to start practicing more self-love in your life

05

## Intention to Action

Some steps to outline how you can move towards more self-love!

06

## Resources

Hungry for more! Check out these offerings.





Healing Spaces Founder, Kelsey Grimm

# About Kelsey Grimm

Hello, my name is Kelsey!

I am the Founder of Kelsey the Counsellor, a counselling influencer brand dedicated to creating a community of mental health resources, and Healing Spaces, a clinical counselling practice based in British Columbia. I strongly believe in the power of the human spirit, the ability to overcome obstacles, and that the phoenix rises from the ashes.

I have witnessed brave people willing to face challenges, willing to learn, and willing to change. I believe my role is to support each person who wishes to grow, grow – who wishes to heal, heal – and who wishes to learn, learn. I support each person uniquely, and together we will face your current life challenges and move through them towards a brighter and better tomorrow.

*xo Kelsey*

# About Healing Spaces



Healing Spaces Office in Kamloops, British Columbia

Healing Spaces provides a warm and welcoming place with our main focus on supporting you move towards the life you dream for yourself! We focus on counselling support for anxiety, depression, grief, trauma, chronic pain, and chronic illness.

We offer counselling to children, youth, adults, couples, parents and families in person in Kamloops, British Columbia and virtually all over British Columbia.

Our team of counsellors are well trained and experienced in multiple areas of counselling with different specialties. We offer in person and virtual counselling options, which allows our team to support you from the comfort and safety of your own home.

# What is self-love?

## Do you appreciate yourself?

Self-love is about self-appreciation, positive self-regard and taking care of ourselves. It is about treating ourselves with dignity, kindness and respect. It is about honouring who we are, setting appropriate boundaries and asking for support when we need it.

Self-love could look like:

- Living in alignment with who you are.
- Putting a pause on self-criticism.
- Asking if you are honouring all the parts of you.
- Being kind to yourself.
- Caring for your body, mind and spirit.
- Surrounding yourself by others that 'get you'



## Is Self - Care the same as Self-Love?

They are similar but not the same! I think of them as cousins.

Self-love is the philosophy and self-care is the action.

## Why is self-love important?

Let me ask you this: Do you think people thrive under scrutiny or love? In my experience, a baby doesn't get up and walk because it is being yelled at to "do better" and "use those legs for what they are meant for". Babies get up and walk when they are ready and when they are supported to learn and encouraged to try again - even when they fall.

You have never had a moment where you were not there. You are always with yourself! Why not try to practice some self-love and see what joy follows? See what you choose to explore and how fulfilled in life you can be. If you flood yourself with love - it will start to double triple as you feel more and more full and then it will spread all around you! Things will seem shinier when you have enough sleep, kind thoughts, and some fun in your inner world!



# Why Self Love?

## Why is self love important?

You have never had a moment where you have not been there.

You have never experienced something where you have not been there.

You have never not been present with yourself for an experience, a thought, a feeling, or anything.

Imagine that! The person you have spent the most time with in life is yourself! If you are spending time with someone who is unkind or mean, that just isn't very pleasant is it.

Is that not reason enough?!!!

### BECAUSE...

- it is better to spend time with someone who is kind and pleasant than unpleasant!
- you are a wonderful perfectly imperfect human that is doing the best they can!
- you would never treat your close loved one with nasty words or if you did, they would not spend much time with you after a while!
- when we treat ourselves with kindness and love, we are contributing to making our world and the world around us a better place!
- when we treat ourselves with love, we move closer to appreciating who we are!
- when we treat ourselves with love, we learn to accept ourselves for who we are!
- you deserve compassion and kindness!



# Activity

## Some ideas for self-love

You will need:

- Some personal space & an open heart

What you do:

- 1) Sit /walk/run with yourself and perhaps a furry friend.
- 2) When you are alone, try to listen to your own voice and quiet out the noise of outside opinions.
- 3) What have you been neglecting within yourself?
  - perhaps you have been neglecting your heart.
  - perhaps you have been neglecting your body.
  - perhaps you have been neglecting your passions.
  - perhaps you have been neglecting your mind.
  - perhaps you have been neglecting your joy factor.
- 4) Once you identify the ways you have been neglecting yourself, you can start to move towards focusing in on that. I have no doubt there are multiple ways you can pour more self-love into that area. It's like a puzzle now and every puzzle has a way to completion.

For example, maybe you have been neglecting your mind because you aren't feeling challenged at work or you are feeling too challenged. Maybe you have been thinking unkind words towards yourself.

Maybe you have been neglecting your body because you haven't been drinking enough water or getting enough sleep? Maybe you aren't getting enough movement or too much movement.



# Intention to action

## Next Steps

Once you come up with some ideas of how you can change your behaviour towards more self-loving actions start trying them out!

Get playful. See what happens if you do something different and keep track of how you feel and what it is like.

You don't have to commit to anything, just explore what it is like to try something different.

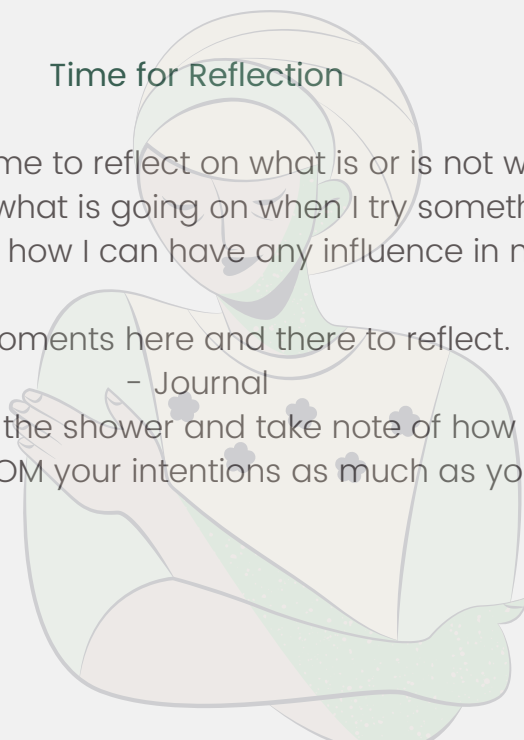
## Time for Reflection

Yes, I am big on taking time to reflect on what is or is not working along the way. If I don't take note of what is going on when I try something how will I ever come to understand how I can have any influence in my own life?

Take moments here and there to reflect.

- Journal

- Take an extra 2 mins in the shower and take note of how things are going. Are you living FROM your intentions as much as you hope?



# Resources



Playlist



Book/Article



App



Video



Podcast



## **Self Love EP: Still Haze**

Funky fresh

<https://open.spotify.com/album/4zeOoGhFWQuKckc76FL43i>



## **Self Love: Call me Loop**

Pop upbeat

<https://open.spotify.com/album/4csHxX0PtcF16wmZqB5j33>



## **Self Love Fix: Ria Lex**

Beatrice supports women of colour to explore deeper into their self-love practices.

<https://selflovefix.libsyn.com/>



## **The Courageous Worth**

Ashley Baxter explores all about self-worth, confidence and self-love.

<https://www.theashleybaxter.com/blog>



## **You are a Badass: Jen Sincero**

A fun and fabulous HOW TO for changing self-sabotaging belief systems and to realize you are great!

<https://www.goodreads.com/book/show/15843166-you-are-a-badass>



# THANK YOU

Feel free to reach out if you have any questions! I am looking forward to chatting with you!



[kelsey@healingspaces.center](mailto:kelsey@healingspaces.center)



[www.facebook.com/healingspaces.center](http://www.facebook.com/healingspaces.center)



[www.instagram.com/healingspaces.center](http://www.instagram.com/healingspaces.center)



[www.youtube.com/channel/UCptyZFA-nwt3hUyGKSwKWHg/](http://www.youtube.com/channel/UCptyZFA-nwt3hUyGKSwKWHg/)



[www.tiktok.com/@healingspaces.center](https://www.tiktok.com/@healingspaces.center)



778-860-3120



**HEALING** SPACES