

## SELF-COMPASSION

Are you always the friend or person that helps everyone out and then feels drained?

Do you feel exhausted keeping up with what everything looks like, creating a perfect facade yet feel lost underneath it all, like there must be something more?

Society makes us believe we should be able to do it all and that we should put ourselves last, and our children, partner, friends before ourselves ...but in reality who is this really helping?

The long term consequence to ourselves is a life where we feel tired, drained and resentful. I remember feeling this way years ago. I had lots of 'friends' but looking back I always felt drained being around most of them.

I never ever said NO to anything and I constantly gave out to anyone that needed my support and help.

I didn't realise it at the time but the reality was I cared more about what others thought of me, what my home looked like, whether I appeared to be a great mum/dad and what image I was portraying with my clothes, image and lifestyle, than what I thought and felt about myself.

Our lives will never ever really be our own if we care more about how others perceive us, maybe attempting to create the perfect life on social media and not taking the time to stop and reflect on how we really feel on a day to day basis ... whether deep down we are really truly happy?

I felt exactly how Maria Housden says in her beautiful book, 'Hannah's Shoes'

*"I realised that for years I had been measuring my worth by being involved, important and indispensable, saying 'Yes' to things not only because I wanted to be helpful, but because I wanted to be looked up to, admired and loved. I had poured myself into maintaining an illusion of perfection in every aspect of my life. And I had been so busy 'doing the right thing' of the benefit of everyone else that I had lost track of what really mattered to me".*

The consequence was I became resentful, exhausted, crabby and completely lost a real sense of who I was under the people pleasing.

Fast forward to the present and I have learnt through self-discovery work how to make myself the absolute priority, how to check in with my feelings, my desires, and what's true for me.

As we become clearer about this, our own authenticity starts to shine through, our own creativity emerges, our own unique quirky selves begin to be seen and we are confident and sure of ourselves to be whoever we truly are.

From that place, we give freely and lovingly! From that place, our life becomes ours again.....truly ours.

If this resonates with you ... visualise and write down in a journal where your life could be in a years' time, in five years' time, in ten years if you never addressed your constant desire to please others and create an illusion of the 'perfect' life

Then on the opposite side of the paper, where you could be in the same time frame if you slowly but surely learnt how to make yourself a priority and started to care more about how you feel and listening to your own authentic heartfelt desires.

Over-giving to others is often a sign that we are not meeting our own needs and staying true to ourselves.

It is not selfish, it is SELF-FULL!

It's not selfish to love yourself, take care of yourself and make your happiness a priority, It's essential.

*Sarah Seed*