- Self-help techniques

HOW TO STRENGTHEN YOUR RELATIONSHIP WITH YOURSELF

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A healthy connection with oneself is vital for overall well-being. Self-trust is the foundation of all relationships. It nurtures self-esteem, improves emotional regulation, and allows better stress management towards a more positive and fulfilled life.



Psychotherapist Leah Marone, LCSW said that in this fast-paced, always-connected world, there is a relentless pull to be "on" constantly—responding to messages, keeping up with social media, and staying busy.

"This constant engagement can lead to burnout, anxiety, and a disconnection from yourself," she explained. "To counteract this, it is crucial to cultivate the ability to be comfortable with just being, without the need for constant distractions."

Marone, a corporate wellness consultant who speaks on performance anxiety, resilience, and mindfulness, highlighted the significant impact of regular self-check-ins.

"It increases self-awareness and emotional intelligence, reduces stress and anxiety levels, and enhances the ability to stay present and focused," she added.

Strengthening the relationship with oneself is an ongoing process which requires dedication, patience, and consistent practice. Thus, she emphasized the importance of incorporating advanced strategies into daily routines.

Specialists from the Benilde Well-Being Center of the De La Salle-College of Saint Benilde shared Marone's tips as published in "Psychology Today," the world's largest mental health and behavior science platform:

Get in shape with solitude. Set aside specific times each day to unplug from digital devices. Pause and observe your surroundings. Engage in activities that do not involve screens. Spend time with yourself doing things you enjoy. Foster a deeper connection with yourself and your environment.

"Being alone does not have to mean being lonely," Marone stated. "Many people fear being alone because it is when daunting thoughts or suppressed anxieties surface."

Marone likewise stressed that while it may feel uncomfortable to get rid of diversions, the brain will continue to use them as opportunities to clear mental clutter unless proactively managed.

Build trust within yourself. Believe in your ability to handle your experiences, thoughts, and emotions without the need for constant external validation or distraction. Listen to your intuition. Honor your commitments and promises to yourself. Have faith in your capacity to meet your own needs. Acknowledge and remind yourself of past accomplishments. Reinforce positive self-image.

"Accessing your grit and patience is a tricky balance, but it is essential for growth and development," she explained. "Embrace the discomfort as a sign of progress and trust in your ability to adapt and overcome."

Maron noted that this journey is much like caring for a garden, wherein planting seeds of self-awareness allows one to create a rich inner landscape of authenticity. "Each moment of solitude, each instance of resisting constant distraction, nurtures these seeds, fostering inner growth."