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Peer Group Chat Summary

Date: 15.02.2024

Topic: Self Love

Description: Self-love is a very important part of our recovery, wellbeing and relationship with ourselves. Let's come together to reflect on how we can love ourselves more and what might work best for us when building self-love.

Summary of discussion:

- What self love might look like and involve for each of us
 - Prioritising ourselves, caring for ourselves, and treating ourselves correctly.
 - It might involve reading, going for a walk, setting boundaries, staying as positive as we can, trying to reassure ourselves, being kind to ourselves and listening to our bodies and minds.
- Why self love is important
 - It might help us to stay more positive, it helps us to move through tough and challenging situations, it may reduce our anxiety and low moods when we are looking after ourselves more, and when we are meeting our own needs it also sets an example for others around us (making it slightly easier for us to set boundaries too).
- Self love and self acceptance
 - By accepting ourselves (including our flaws and mistakes that we may make), we can be kinder to ourselves and cultivate more love
 - 'Being able to accept myself, my flaws and limitations helps me remove barriers around loving myself and showing myself compassion.'
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Discussion questions

Q1: How would you define self-love? What might self-love look like for you?

Q2: Why do you think it might be important to love yourself?

Q3: What might you do to show yourself love?

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Q4: Have you found that you have gotten better with the journey of loving yourself over time? If not, how might you be able to better show love to yourself?

Q5: How do you think self-acceptance might relate to self-love?

Q6: Do you think you need to love/ accept yourself before you can love/accept others? Why, or why not?

Q7: What are some ways that you can show yourself more love?

Resources

These are the resources that were shared during the session:

1 Loving yourself before loving others:

https://www.missingperspectives.com/posts/loving-yourself-before-loving-others/?fbclid=PAAabgWpXzJU-KjEcMHRUBNzZCW5wYa1TVqDNxm-CYJKKXOnb_Oy59pV24IKw_aem_AVbyEPjZhzyyobTkzWzWG-5DLvKe_ggqoXniBIHUzV1r5mjgL4_HeQRqHN7iqzh3ejc

2 Self love, be intentional Ted Talk: <https://www.youtube.com/watch?v=DCNOJmmHLkQ>

3 Self-Love, especially on Valentines Day: <https://mywellbeing.com/therapy-101/self-love-especially-on-valentines-day>

Continue the discussion over on the SANE Forums by following this link!

<https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-Self-Love-Thursday-15th-February-2024-7-8-30PM/m-p/1435006#M365971>

Any ideas for topics?

We are always looking to improve and make the sessions as valuable as possible. If you have suggestions for group topics, please add them to the suggestion box on this page: [Peer Group Chat \(sane.org\)](#)

If you would like to provide feedback on the groups, please email feedback@sane.org.