

STRENGTHENING RELATIONSHIPS: TO SELF AND OTHERS SAFETY SEGMENTS

ALTERNATE RESOURCE: GENERATING SELF-LOVE AT WORK

This resource is created to improve intrapersonal skills in becoming emotionally and mentally resilient.

DIRECTIONS

Start out the discussion by setting the expectations for creating a safe space and being respectful of everyone's feedback. Print out or share an electronic copy of the article: "[Generating self-love is not optional for emotional well-being](#)", by Dr. Bill Howatt. Give each staff member 5 minutes to read or read together. After everyone is done, use the guiding questions to facilitate a group discussion

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- Why is it important to practice Self-love?
- What are the ways your organization promotes self-love
- How can you contribute to this?
- What are the ways we can encourage our co-workers to practice self-love and build self-esteem?

Alternate or Supplemental Activity:

Read:

<https://www.linkedin.com/pulse/self-love-work-prerna-arora/>

Discuss ways how to practice self-love in your workplace.

