



**SURBITON**  
HIGH SCHOOL

# A — Acceptance

## BE COMFORTABLE WITH YOU ARE



## SELF—ACCEPTANCE

No-one's perfect. But so often we compare our insides to other people's outsides. Learning to accept and appreciate that each and everyone of us is unique and amazing is a huge step to improving happiness, improve wellbeing and improve resilience.

Mistakes are all part of learning, do not beat yourself up about it. Instead, think I know how I would do it differently next time. Have a think when this has happened before and how you would act different next time

Embrace what makes you unique – look in the mirror and tell yourself why you are unique and how this adds value to you

Think positively and speak kindly to yourself – do not compare yourself to others

It's important to take care of yourself by eating right, sleeping enough and exercising regularly.



Consider a few things you can do to treat yourself and spend quality time on your own (e.g. taking a warm bath, going for a walk in nature, etc)

Ask a friend what they love about you and accept their answer by saying 'thank you'

Write down 3 things that you are good at or love to do e.g. sports, music, design etc

Let go of things you cannot change – write yourself a letter go of things you cannot change and welcoming in things you love about yourself

