

Purpose of Self-Love/ Self-Compassion activity:

To provide Houston Methodist staff members with a brief, enjoyably and simple activity which promotes self-love. Research studies show self-love can help release us from the grip of perfectionism, build resiliency, aid recovery from trauma and loss, and increase ability to cope with failure and embarrassment.

Love relates to happiness, whether it is on ourselves or on others. But **self-love** is more **important** because it helps us to keep our own attitude, our own personal space and sometimes it also helps us to know about ourselves. By knowing ourselves better, we can **love** others.

“From the Bottom of My Heart”

As sung to the Tune of “I Just Called To Say I Love” You by Stevie Wonder

Written By: _____

(write in your name)

Your _____ and _____

(choose a personality trait that you like about yourself, ex: so Kind) (add a second trait, ex: compassionate)

When you _____

(describe how your actions exemplify the personality trait mentioned, ex: see someone in need you give a hug)

You _____

(list another action. Ex: take your time with patient care)

In fact there's just no other person like you.

You're _____

(list a personality trait that makes you a good friend/ husband/wife/mom/dad, Ex: always there)

and _____

(add another, Ex: lend a hand)

And yet it's easy to forget how much you care

You spread such _____ around a room

(list something that you give to others, Ex: love)

And so there are three words that I must say to you

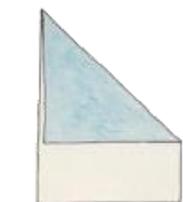
I just called to say I love you

I just called to remind you of how great you are

I just called to say I love you

And I mean it from the bottom of my heart

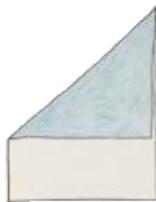
How to Fold an Origami Heart



1. Fold one corner down diagonally



then open out again



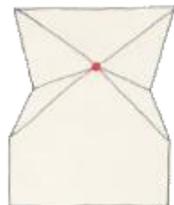
2. Repeat fold with opposite corner... then open out again



3. Mark center of intersecting folds with a DOT...



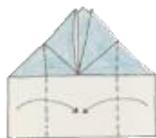
fold paper backwards, level with the DOT, then open out again



4. Press the DOT toward the table... bring side folds upwards towards the center then downwards towards



5. Then fold each side corner towards the top



6. Fold each side in towards the center



7. Turn paper over, fold top triangular section (top layer only) downwards



8. Fold bottom edge upwards about 1/3... *Place tip of the triangle on top of the bottom folded section

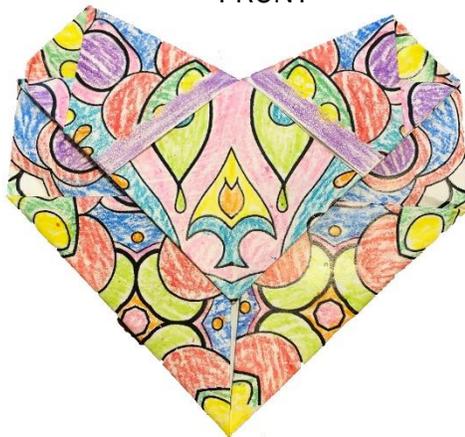


9. Tuck each bottom point into pocket



10. Tuck each top point into pocket

FRONT



BACK

