**Be kind to yourself**

**3 Top Tips from the Mental Health Coordinator for Northumberland, Nell Gair**

1. **Find the Sweet Spot Between Acceptance and Striving.** Part of being kind to yourself is acknowledging your potential. However, never being satisfied with where you are, or with what you have achieved so far in life, is being unkind to yourself. Be kind to yourself by finding the sweet spot between being happy with who you are, while taking action to become even better.
2. **Carve Out Some Time For Yourself.** Every day carve out some time for yourself and do something that brings you joy. You can draw, journal, write short stories, play a musical instrument, or do anything else that you love to do. Be kind to yourself by giving yourself some “me time” each day.
3. **Accept Yourself.** Accept yourself as you are. You have strengths, and you have weaknesses. Sometimes you succeed, and sometimes you fail. Sometimes you’re right, and sometimes you’re wrong. Allow yourself to fully be who you are.