

Wee steps can make a **big difference**

Tips to bring more love into your life



What is love?

Often when we think of love, we may think of romantic love, or the love of a parent/grandparent for their child. However, there are many other ways we can experience love. Love may be associated with feelings of security, not being judged, being nurtured and that someone cares and has our back, they are there for us and we are there for them, there is a sense of loyalty, someone who is with you in good times and bad.



Why does feeling loved matter?

When we consider steps to improve wellbeing we may consider, changes to our diet, making time to exercise, have hobbies a sense of purpose, be around others etc. However, its also worth considering how love impacts on our wellbeing. Consider the first point, what is love? Now ask yourself, how many of the qualities we identify with love, do we apply to ourselves? Do we love ourselves? We can also associate love with feelings of closeness. This is a piece you may find useful www.cope-scotland.org/index.php/latest-blog/why-for-many-feeling-close-to-someone-matters Evidence suggests, feeling and showing love supports our wellbeing, in fact in our early years as babies and children it is crucial for our emotional development. Love matters.

Start loving you, you deserve it

This piece may be of interest which offers some tips to feel good about being ourselves. www.cope-scotland.org/index.php/latest-blog/feeling-good-being-me Sometimes for many reasons there is a battle goes on inside our heads which on the one hand wants to show self-love by e.g., making time to relax, versus self-loathing or sabotage, which puts us off. We find we are arguing with ourselves, that it won't make any difference what we do, so why bother. We may be carrying guilt, which makes it hard for us to love ourselves. This piece may be of interest www.cope-scotland.org/index.php/latestblog/learning-not-to-beat-yourself-up-with-guilt-1 Remember, these pieces are for self-care and do not replace professional advice. Learning to support the part of us which loves ourselves helps us make different choices. These choices can help form new routines and habits, this may be of interest www.cope-scotland.org/index.php/latest-blog/healthy-routines-lead-to-healthier-habits

What gets in the road of loving?

Sometimes we have an image of how another should be before they deserve love, this can make being loving a challenge as it maybe the qualities you seek in others are not there. No one is perfect including ourselves. Loving ourselves and others may mean also loving those parts which are not perfect. There can be reasons why we may struggle to love ourselves or others. These tips are for wellbeing only and do not replace professional advice. Ask your GP or other health care providers about support near you, if you feel you need more than self-management tips. If we didn't experience love when we were younger, this may impact on us in later years. This may require counselling, or other therapeutic interventions to explore what is getting in the road of love. It may be our boundaries have become barricades, this piece may be of interest www.cope-scotland.org/index.php/latest-blog/establish-boundaries-not-barricades

Feeling lonely

Some people are happy with their own company and don't mind spending time alone. Some people may spend a lot of time with others, yet still have an empty feeling inside. Some people may believe if they just meet that special someone, they won't feel alone anymore. We are all different, and we have different needs. This wee piece won't have all the answers but with the others shared on this tips sheet may be of interest www.cope-scotland.org/index.php/latest-blog/is-it-we-feel-lonely-or-is-it-we-feel-we-have-no-purpose

Self-care matters

While wanting more love in our life may be a goal we have, looking after ourselves also matters. When we make time for self-care this can improve our wellbeing, how relaxed we feel, how much more focused we are in our thinking and decision making, all of which can help support more meaningful relationships with others. This wee piece on tips to recharge your energy may be of interest www.cope-scotland.org/index.php/latest-blog/recharging-your-energy-levels



Showing love

While we cannot influence how much love another person may show, we do have control over how much love we can show; again, this is for self-care and does not replace professional advice. We may show our love to another person, or it may be the attention we give our homes or garden, it may be the love we show for our pets, or a cause we feel passionate about. Love isn't only about romantic relationships. There is also love for friends, which can include the love in longer term relationships when its less about getting all dressed up going out together and just being together anywhere and enjoying the moment. Then there is the love for the rest of the world. This love is given freely with no thought of return, it is selfless and forgives easily as it is not about me, but we.



Bringing more love into your life

If we are not content with how things are and we want something different to happen, this is probably going to require change, so as with anything, its helpful to reflect on your goals and motivation for this change. Learning to send out positive messages, may help bring more positivity back to you, affirmation, visualisation and journaling can help with this. There are many pieces on www.cope-scotland.org e.g., www.cope-scotland.org/index.php/latest-blog/the-pen-is-mightier-than-the-sword You may also find this piece and tips interesting. www.cope-scotland.org/index.php/latest-blog/what-are-we-giving-attention-to-visualise-the-world-you-want

Understanding where you are and focusing on where you want to be

It maybe you need to reduce the time you spend in the company of negative people, sometimes easier said than done, so if you need help find out about relationship counselling near you. If you need more people in your life, find ways to connect with others to build that supportive network e.g. join something where you know you will share something in common with others, if we want to meet more people we need to look for opportunities to support this. To bring more love into our lives, look for more ways to put love back out into the world. This may be of interest www.cope-scotland.org/index.php/latest-blog/being-interested-in-others Taking time to understand what we want to change and why, setting realistic goals and then learning to visualise them as if they have already happened, can help us move from where we are, to where we want to be. Remember, you matter and deserve love, we all do.