

## Self-Love improve health

Posted At : March 10, 2011 5:14 PM | Posted By : Michael Smith

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Interesting NY Times [article](#) that shows why it is important to love ourselves as we love others. And thanks to Annie for emailing it to me.

Do you treat yourself as well as you treat your friends and family?

That simple question is the basis for a burgeoning new area of psychological research called self-compassion — how kindly people view themselves. People who find it easy to be supportive and understanding to others, it turns out, often score surprisingly low on self-compassion tests, berating themselves for perceived failures like being overweight or not exercising.

The research suggests that giving ourselves a break and accepting our imperfections may be the first step toward better health. People who score high on tests of self-compassion have less depression and anxiety, and tend to be happier and more optimistic. Preliminary data suggest that self-compassion can even influence how much we eat and may help some people lose weight. Read [more](#)