



# CONTRA COSTA HEALTH SERVICES WELLNESS TIPS



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## SELF-COMPASSION

By Tiffany Ku, MD

**Tiffany** is currently a **first-year Family Medicine resident at Contra Costa**. She was born and raised in the Bay Area by Chinese immigrant parents. Her family’s experience with healthcare led to her passion for healthy lifestyles and public health. She was drawn to CCRMC’s commitment to health equity and chose our program as a place where she can advocate for her patients both inside the clinic and in the community.



*People talk about “self-love,” and I think that’s a very intimidating concept. I think “friendliness” is a nicer way to think about it. **Can you be a little bit of a better friend to yourself?** Would you ever allow a friend to speak of themselves the way you do in your interior moments? And so that’s what changed everything.”*

– Elizabeth Gilbert, in [an OnBeing podcast](#)

**Happy (late) Valentine’s Day!** Valentine’s Day acts as a prompt to express affection to our loved ones. However, as healthcare workers, we often aren’t given the space or time to practice self-compassion. This issue’s wellness topic is **Self-Compassion**.

You may have heard of **love languages** when it comes to relationships and dating, however, it is a useful framework to apply to yourself and self-compassion practices! There are **five categories of love languages**, and you can find yours by taking a short test [here](#). See the photo on the right with advice for activities that you could do.

We thank **@TiffanyKu** for this heartfelt article on Self-Compassion. We will feature another article from Tiffany very soon!

## WHAT'S YOUR SELF-LOVE LANGUAGE?

By Blessing Manifesting

|  |   |  |
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| <b>Physical Touch</b><br>Things that make your body feel good or focus on your physical being.<br>Massages<br>Soft blankets<br>Physical activity<br>Spa days<br>Skincare routine<br>Swimming<br>Stretching | <b>Acts of Service</b><br>Doing or arranging things for yourself that make you feel good.<br>Therapy<br>Acts of Kindness<br>Scheduling<br>Cleaning<br>Delegating<br>Going Out | <b>Receiving Gifts</b><br>Treating yo'self by purchasing things that make you happy.<br>Trips<br>Craft supplies<br>Comfy clothes<br>Little gifts<br>Indulgences<br>Investing in yourself |
| <b>Quality Time</b><br>Spending time alone, hobbies & doing things that you love.<br>Meditation<br>Hobby/creative time<br>Taking yourself on dates<br>Relaxing   | <b>Words of Affirmation</b><br>Giving yourself pep talks and encouraging yourself.<br>Positive self-talk<br>Daily affirmations<br>Journaling<br>Mantras                       |  |

**We care about you.** We welcome your **Bright Spots, videos, heartwarming ideas, and Wellness Kit requests**. Please contact [CCHSWellness@cchealth.org](mailto:CCHSWellness@cchealth.org). Team Members: Priscilla Aguirre, Amanda Dold, Patricia Hennigan, Helena Martey, Brian M. Johnson, Kristin Moeller, Kimberly Nasrul, Renee Nunez, Samir Shah, Alan Siegel, Sonia Sutherland, Arlene Trimble. **Pls. share the Wellness Tips with your colleagues.**