

Self-Love for Stress-Free Living

Hello, everyone! Today, let's explore "What Is Self-Love?" Self-love is not simply doing whatever you feel like in the moment. We will look at how following your mind can harm you, like an enemy working from within. We will discover how caring for your body and mind shows true love. We will also cover turning jealousy into positive motivation and why life rewards what you earn through effort, not just what you wish for. By the end, you will have clear steps to build love with yourself. Let's begin!

The right way to understand self-love is that it means self-discipline. But what do most people think self-love is? They see it as "freedom"—doing exactly what I want, living by my own rules, without anyone telling me what to do. "Who are you to boss me around? This world can't control me!" That's the attitude people often have when they talk about loving themselves. But that's not the correct meaning. It's wrong to think self-love is just following whatever your mind feels like doing. Why? Because your mind can be your biggest enemy. You might want good things for yourself—like becoming healthy or successful—but your actions go in the wrong direction. And who's pushing those actions the wrong way? Your mind, right?

So, pay close attention to this idea, because it's very important to get it right. If your main goal is to take care of your body and your mind, then you are truly loving yourself. But if you're using them just to chase quick fun or pleasures, then you're not loving yourself at all.

It's just like being in a relationship with someone. If you're using that person to get something else, does that mean you love them? No, it means you're not really in love; you're just using them for your own pleasure.

For example, think about parents. If they push you to follow their dream, something that doesn't match your skills, interests, or passions at all, is that love? No. If they truly love their child, what would they do? They'd care for the child, understand what the child likes, what they can do well, and what's best for them. There's a difference: one way focuses on what's right for the child, and the other focuses on what's good for the parents, the family name, or their own wishes. If they think about the child's likes and talents and let them grow in that direction, now the child is the main goal. That's when they're showing real love for their child.

So, this kind of care is what love means—doing the right thing. If you can do the right thing for yourself, that's self-love.

But when you only follow what your mind wants in the moment, you might say, "I love myself," but you're actually destroying yourself. You're ruining your future, harming your body, messing up your mind, and spoiling your whole life. It looks like the person is loving themselves because they're doing what they want—like smoking one cigarette after another, feeling good in the moment. It seems fun, and they enjoy it, but they're not in love with themselves. They're in love with the pleasure, and they're using their body to get that pleasure. Even if those pleasures are damaging the body, they keep going, which will eventually harm in the long term. That's why

self-discipline is the real self-love. Research shows that self-control and discipline are linked to better well-being and happiness, as they help you achieve long-term goals and avoid regrets. Studies on willpower highlight how resisting short-term temptations leads to greater life satisfaction.

People who have achieved anything worthwhile in life—in any field, at any level—have this quality inside them. And what is that quality? Self-discipline. So, discipline isn't a bad word. Don't run away when you hear it—instead, learn to love it. If you're trying to be disciplined but you fail again and again, and you still keep trying, that means you're in love with yourself.

For example, suppose you're addicted to eating chocolate. Self-discipline means knowing chocolate isn't healthy for you, so you decide to stop. You might fail many times, but you keep trying. What does that show? It means you love yourself, because you won't give up on what's best for your body and health. True athletes never quit after a loss. They make a plan for the game, practice it on the field, and if it doesn't work, they don't stop. They say, "It worked well in training, but not in the real match yet." So, they practice over and over until they win. That's self-discipline, and it comes from self-love—because they care about themselves enough to keep going. If they chose easy fun, like resting too much or skipping hard work, they wouldn't be where they are today. Science backs this: People with high self-control often choose meaningful activities over pure pleasure, leading to greater success and happiness.

We aren't saying pleasure is bad. In fact, pleasure is good and can make life fun. But if you chase it too much or overdo it, it can cause problems. Anything in too much or too little isn't usually helpful. For example, suppose you love eating a certain food, like ice cream. If you eat it every day, what might happen? You could get sick of it and not want it anymore. Or worse, it might harm your health, like making you gain weight or feel unwell. This shows why too much pleasure can turn into an issue. Research on hedonic adaptation explains this: Our brains get used to pleasures quickly, so the joy fades, and we need more to feel the same high, which can lead to unhappiness. Variety and moderation help keep happiness steady. So, what's the fix? Keep your pleasures in check. Don't run after them all the time, and don't cut them out completely. Instead, find a balance—do things in moderation. Treat yourself to these joys as a reward after a day or week of hard work and self-control. For instance, after finishing your tasks or exercising, enjoy a small treat like watching your favorite show or having a sweet snack. This way, you show self-love by staying focused on what's important while still allowing some fun. It keeps life steady and happy, without regrets.

Jealousy or envying someone isn't a sign of self-love. So, what should you do when you feel jealous or envious? It happens when you see someone ahead of you—like your siblings, friends, or classmates—who seems better off with money, looks, or success. You might suddenly feel small, get jealous, or start doubting yourself. We all deal with jealousy and doubt, but are they good or bad in the long run? They're bad. Why? Because jealousy stops you from learning. It keeps your mind stuck on others, not on your own strengths or what you can do better. Instead of feeling jealous, watch that person and learn from them. Look at what they did, how they did it, and let it motivate you—that's true self-love. Then, you might even go farther than they have. Studies show that "benign envy" can motivate improvement, like pushing you to

study harder or train better, turning a negative feeling into positive action. Because life gives you what you earn through effort, not just what you wish for.

After hearing all this, if you still do things that aren't good for you in the long term—like staying up late scrolling on your phone when you know it ruins your sleep—then what does that mean? You're not in love with yourself. But if you keep doing what's right for you over time, even when it's hard—like choosing healthy food over junk or taking actions instead of procrastinating—that means you are in love with yourself.

To wrap it up, self-love isn't about wild freedom or chasing every fun feeling—it's about self-discipline, caring for your body and mind like a true friend. By choosing what's right long-term, turning failures into tries, and learning from others instead of getting jealous, you build a life you deserve. Remember, real love shows in actions that help you grow, not ones that hold you back. Start small today, like picking one habit to improve, and watch how it changes everything.

Thank you for giving your time.