



## Tips for Focusing on a Stronger Sense of Self

There are times in life where our personal lives may feel like a whirlwind of emotions. Furthermore, a lack of [balance](#) can be brought on when we continue to do those things that cause us to feel down rather than motivate us to do better. So if you feel like you're on a downward rather than upward spiral, here are some things you can do to build a stronger sense of self and improve your life for the better.

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### **Say no to negativity**

According to research, [positive thinking](#) can go a long way in improving your outlook on life. Conversely, negativity and negative thinking can put a downer on even the brightest and most positive days. Instead, choosing to be positive even when you may not feel like it and choosing to say no to negativity is a simple yet profound way of turning your outlook on life around.

### **Why you need vitamin D**

Still finding that you still can't shake off those [winter blues](#) try as you may? Increasing your [vitamin D](#) intake is one such remedy for lifting your mood, especially in the colder winter

months, where there is a higher probability of feeling more down than usual. Furthermore, increasing your exposure to the natural calming benefits of the sun and sunlight is one way to combat the adverse effects of the winter blues.

If you're working from home, for example, try to get as much natural lighting into your home office as possible by moving your desk as close to the window as you can. However, if this isn't possible, getting a lamp that simulates the effects of the sun could be your next best option to achieve the same effect.

## **Establishing a healthier lifestyle**

Perhaps there are other things that you should be doing or should stop doing to promote a more positive sense of self. Possibly, this might entail curbing unhealthy eating by focusing on healthy eating habits instead. Or maybe, you're not exercising enough, in which case you should consider implementing a regular exercise routine to improve your fitness levels and boost your self-esteem. In addition to this, prioritizing [self-care](#) is equally important to one's overall wellbeing and should therefore not be overlooked as a vital component to living a healthier, happier life.

## **Other things you may want to stop doing**

Of course, there may be other things worth reconsidering if they no longer bring you joy or add value to your life. These may include things like changing jobs if the one you're currently in is no longer fulfilling. Or it may mean [saying no](#) to those things that distract you from your most important work. Or it may mean that you put an end to comparing yourself and your situation to others and instead choose to concentrate more on your needs and what you can do to live the life you've always wanted to.

## **Take an introspective approach**

Sometimes, the very things we need to stop doing to live our best lives may involve looking introspectively to see what changes can be brought about for the better. For instance, while a certain level of criticism can be healthy, [excessive](#) self-criticism, on the other hand, can actually be harmful to one's self-esteem and outlook on life, as is excessive procrastination and self-doubt. Often, all it takes to feel better about the future is a quick internal check to correct those things out of kilter that can instantly lift your mood and improve your outlook on life.

## **Small changes can leave a lasting impact**

The road to self-improvement is not as challenging as it may be sound. But, often, all it actually takes is a few small steps in the right direction. And before you know it, your personal life will be more rewarding and fulfilling than you might have ever thought possible.

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