

## Be Intentional with Your Alone Time Befriending Self

Learning to enjoy your own company isn't just about passing time; it's about becoming a friend to yourself, embracing self-connection and mindfulness. Befriending self is an essential skill because you are the one constantly in your life. That's why embracing solitude as an opportunity for self-discovery and enjoyment is a habit worth cultivating.

If you aren't in the habit of enjoying time to yourself, this handout will serve as a simple guide. Consider the suggestions offered, use what resonates with you, but also bring in what works for you. Consider those activities you've been wanting to do but haven't given yourself time for. Try asking yourself, what would I love to do if I had a bit more time alone?

### Be Intentional

- If you know you are going to have time alone, be intentional and plan for what you will do. Approaching planning with the same intention and enthusiasm you would when connecting with others

### Be Realistic

- Consider the amount of time you have, and then plan for what you will do with it. If you plan to do too much and run out of time, you may be left feeling frustrated. If you don't plan enough, you may be left feeling bored.

### Be Compassionate

- Self-compassionate that is! This time is about enjoying your own company, so no using your words to engage in criticism or negativity toward self. Self-compassion is about being kind and understanding toward self, engaging in acceptance, encouragement, and forgiveness. It's about acknowledging our feelings without judgement and offering ourselves the same kindness we would offer to a good friend or loved one.

## Menu of Suggestions

**Get Creative:** Unleash your artistic side. Whether it's painting, writing, making music, or revisiting a hobby you love, use this time to express yourself creatively.

**Movie Marathon:** Indulge in those films or series you've been eager to watch. Prepare some popcorn, settle in, and enjoy your personal film festival. (Remember to take some body breaks though!)

**Chef Mode On:** Experiment with cooking. Try out that recipe you've been eyeing and enjoy the process of cooking and savoring your creation.

**Pamper Yourself:** Have a spa night at home. Face masks, a warm bath, or some nail art can be incredibly rejuvenating.

**Get Lost in a Book:** Immerse yourself in a good book. It's a perfect way to escape and take a mental vacation.

**Dance Like Nobody's Watching:** Crank up your favorite music and dance freely. It's a wonderful way to let loose and get some exercise.

**Home Workout Challenge:** Set some fitness goals for yourself and meet them at home. Every repetition is a step towards a stronger you.

**Dive into Learning:** Embrace your curiosity. Is there a topic that you have been interested in but haven't given yourself the chance to look it up and learn about it? Now's your chance! You could even get into the habit of keeping a note on your phone of things you want to learn more about, (just so you don't forget) – and then when you have free time, turn to the list.

**Virtual Exploration:** Travel the world virtually. Explore new places from the comfort of your home. I often explore beautiful lakes that I would like to paddle on, learning about where they are and how far away, and then plan mini get-aways for paddle boarding adventures!

**Nature Connection:** If possible, connect with nature. Stargazing, gardening, going for a hike, or simply sitting outdoors can be soul-soothing.

**Blackout Journaling:** Engage in this unique form of self-expression and introspection. It's a blend of art, poetry, and emotional exploration. Here's how it works: Grab a book that you own and don't mind transforming (so not a library book!). Then, flip through the pages and let words that resonate with you jump out. These could be words that speak to how you're feeling or just random words that catch your eye. Next, take a black marker and start blacking out all the other text around those words. What you're left with is a kind of poem or a secret message from you, to you. Black-Out Journaling is a way to express and process emotions, to find meaning in randomness, and to tap into your creative brain. Sometimes the words you choose can surprise you, revealing thoughts and feelings you might not have realized were there in your mind. This activity isn't just about the end result; it's about the process. It's about letting your intuition guide you and giving yourself the space to explore and express what's inside. Plus, you end up with a pretty cool piece of personal art!

I hope these suggestions have sparked your curiosity and enabled you to start thinking about alone time with a renewed perspective. Be mindful and present in the moments you choose for yourself. Afterall... you are so worth your time and energy!