



*Embrace You*

A JOURNEY TO SELF-LOVE &  
CONFIDENCE



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**Self-love is** caring for and appreciating yourself physically, emotionally, and spiritually. It requires recognising your value, displaying kindness to yourself, and prioritising your wellbeing.

**Self-love involves** identifying your strengths and weaknesses while developing a positive and supportive relationship with yourself.



Individuals with obsessive compulsive disorder (OCD) and mental health concerns often struggle with self-love due to the nature of their symptoms and the emotional challenges they face. Intrusive thoughts, intense anxiety, and repetitive behaviours or rituals are common aspects of OCD that can negatively impact one's sense of self-worth, making self-love challenging to achieve.



**Welcome and Congratulations** on downloading **Embrace You:**  
Your Free Guide to Building Self-love and Confidence.

This guide was created with those living with OCD in mind.  
However, it benefits anyone seeking to improve their self-love and self-confidence.

Over the following few pages, I will share educational information about self-love, its importance for mental wellness, and how regularly providing yourself with self-care may improve it, your self-confidence and overall health and wellbeing. I will also provide you with simple, practical and realistic ways to provide you with regular self-care.



I am, Janaya, a degree-qualified Naturopathic Practitioner and the director of Janaya Karloci Naturopath in Australia. I also have OCD and have been managing my symptoms for just under one year, at the time of writing of this guide. My journey to recovery was lengthy and challenging, but with the help of various tools, including medication, psychotherapy with an OCD specialist, and holistic naturopathic modalities, I now manage my OCD and am living a life free from my intrusive thoughts, beyond anything I could have ever expected before being diagnosed.

If you would like to find out more about me, my recovery journey, Janaya Karloci Naturopath Pty Ltd or using naturopathy as one of the ways to support your OCD and mental wellness, please visit my website: [www.janayakarlocinaturopath.com.au](http://www.janayakarlocinaturopath.com.au).

# Let's Dive In!

**Building self-love is intricately connected to improving self-confidence.** Here's how fostering self-love can contribute to a boost in self-confidence:

- Positive self-perception
- Reduced self-criticism
- Authenticity and self-acceptance
- Setting healthy boundaries
- Resilience in challenges
- Acknowledging achievements
- Healthy self-care practices
- Positive visualisation



**Building self-love and confidence** may support those who may struggle with OCD and mental health challenges by helping to reduce self-stigma, enhance emotional resilience, develop coping strategies, promote self-acceptance, mindfulness, and positive inner dialogue, and encourage seeking or sticking with professional help for a comprehensive approach to managing their symptoms.



**Regular self-care** is a holistic and intentional approach to nurturing your mind, body, and spirit. It fosters a positive relationship with yourself, reinforcing self-love and confidence as you recognise and meet your own needs with kindness and intention.

Through consistent self-care, you foster a deeper connection with yourself, nurturing the growth of self-love and confidence over time.



*Lets Do It*

HERE ARE 5 SIMPLE, PRACITICAL AND  
RELASITIC WAYS TO PROVIDE YOURSELF WITH  
SELF-CARE.

# One

**Mindful breathing:** Take a few minutes to focus on your breath. Inhale deeply, feeling your lungs fill with air, and then exhale slowly.

This practice can help calm your nervous system, reduce stress, and bring you into the present moment.



# Two

**Daily Gratitude Journaling:** Set aside a few minutes each day to write down three things you are grateful for from your day. It can be big or small; I always like to use those moments that made my heart smile throughout the day.

This practice can shift your focus towards positivity and appreciation, fostering a sense of contentment.





## Three

**Tech-Free Time:** Designate a specific period each day to disconnect from electronic devices. Whether it's an hour before bedtime or during meals, giving yourself a break from screens can contribute to better mental wellbeing.

★ If you have trouble falling asleep - making an hour before bedtime your tech-free time could be beneficial.



## Four

**Short Nature Breaks:** Step outside for a short walk or spend a few moments in nature. Fresh air and natural surroundings have a rejuvenating effect, helping to clear your mind and reduce feelings of stress.



# Five

**Create a Relaxing Ritual:** Establish a calming routine before bedtime. Try reading a book, taking a warm bath, practising gentle stretching if suitable, or combining the three.

★ A consistent bedtime ritual can also signal your body that it's time to unwind and promote better sleep.



I hope you enjoyed my free guide to building self-love and confidence and that you found at least one or two ways to provide yourself with self-care that you can integrate into your daily routine over the coming weeks.



## **Discover More About Me and My Services**

If you're interested in learning more about me, my profession, and how we may be able to work together, visit my website at [www.janayakarlocinaturopath.com.au](http://www.janayakarlocinaturopath.com.au)



# Reminder

Remember, self-care is about finding what works best for you and incorporating it into your routine regularly. These simple practices can be easily integrated into your day, offering moments of rejuvenation and positively contributing to the way you feel about yourself and your overall wellbeing.



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