



THIS MONTH'S FIND
ANOTHER GOLDEN NUGGET

A Dose of Self-Care

From the time we are young, we learn that a high five sends a positive message: “You got this and you’re doing great.” Sometimes even as adults we need this encouragement to show the world our best, most confident selves.

A study published in "Frontiers in Psychology" examined how to best motivate and encourage students before an exam. In testing different types of encouragement, the exam results were significantly higher in the group given high fives. Likewise, a study done by a neurobiologist at Duke University Medical Center found that high fiving yourself in the mirror improves your self-image as it helps your brain create new pathways and connections. Your brain doesn't know the difference between a high five from someone else or yourself. So when you give yourself a high five, even if you feel you don't deserve it, your brain releases dopamine and you feel a wave of happiness. You're effectively rewiring your brain.



Mel Robbins, author of *The High 5 Habit: Take Control of Your Life with One Simple Habit*, suggests cheering yourself on with this exercise:

Start each day by giving yourself a high five in the mirror. Even if it feels awkward, try doing this practice without judging or criticizing yourself. Remember that you are "worthy of celebration and support."

Robbins says "If you're insecure with yourself, you'll be insecure with other people. If you're judgmental of yourself, you'll fear the judgment of others." High fiving allows you to show up in your relationships as the best version of yourself.