

OPTIMAL

 A newsletter for wellness and improved wellbeing

Sages & Scribes
CONSULTANTS

About OPTIMAL

Optimal is a monthly wellness newsletter written, developed and circulated by **Sages & Scribes Consultants** aimed at informing, educating and improving on the general wellbeing of readers by focusing on the essentials for improved mental health, and how to live a vibrant yet practical life in the present reality.

In this edition, we look at **Self-Pity**. Self-pity is a form of indulgence. It is a feeling of being sorry for oneself. It is having the victim mentality. It is noteworthy that self-pity is not an emotion but a state of mind. It happens when we focus too much on our problems and challenges and we believe that we are the victim of circumstances. It is the mental focus that leads to such emotions like sadness, anxiety, lust, helplessness, hopelessness, despair and depression.

Improve your wellness, optimize your wellbeing and enhance your lifestyle with OPTIMAL.

SELF - PITY

By *Ven. Adelowo Adesina*

Virtually every human being experience self-pity, when things are not going the way, we would have wanted it to go. Often times when we don't have our way, we get stressed as we become pre-occupied with our failings, disappointments, etc.

Wayne Pernel, one of the leading authorities on the subject is on record to have said “when we don't get what we want, or feel like we weren't appropriately validated, for the work we did, it's not uncommon to withdraw into a state of self-pity.”

It's easy to get into the mood and wallow in self-pity because it feels good and some people even go on to celebrate what is known as the pity party. With the victim's mentality, the person in the self-pity mood not only self-indulge, they shift the blame for whatever is the cause to other people, situations and circumstances around and about them.



SELF-PITY



The Victim's Mentality...

By this, they also give up the responsibility to:

1. Resolve the problem
2. Learn from the situation and their mistakes
3. Develop their creative thinking and problem-solving
4. Become empowered to achieve their long-term goals and objectives

**BELIEVE IN
YOURSELF.**

“In life, you can blame a lot of people and you can wallow in self-pity, or you can pick yourself up and say, 'Listen, I have to be responsible for myself.’”

Howard Schultz

Common Signs of Self-Pity

The signs of self-pity include:

- ✓ Experiencing obsessive negative energy and thoughts
- ✓ Feeling of anger and frustration
- ✓ Seeking constant validation
- ✓ Anxiety and suicidal tendencies in extreme circumstances
- ✓ Feeling sorry for oneself, and low self-confidence.
- ✓ Low self-esteem and a sense of worthlessness



SYMPTOMS OF SELF-PITY

The common symptoms of self-pity are:

- ✓ Victim mentality
- ✓ Learned helplessness
- ✓ Feeling of hopelessness
- ✓ Feeling the blues

CAUSES OF SELF-PITY

The causes of self-pity are myriad and varied. They include:

- ✓ Low self-esteem.
- ✓ Trauma
- ✓ Grief
- ✓ Feeling of failure
- ✓ Feeling of loneliness
- ✓ Feeling of violation – evidence from studies show that isolation and loneliness promote self-pity
- ✓ Researches have also shown that



illness, chronic pains and suffering even in hitherto, healthy people can lead to self-pity

- ✓ Impostor's syndrome
 - The feeling of not being good enough
 - The feeling of not deserving of any good thing, successes, promotion at work or even mere compliments. This condition often resulting in people feeling like 'a fraud.'"

“Feeling sad or lonely isn't a bad thing. But those emotions increase the risk that you'll cross the line into self-pity.”

Amy Morin

HOW TO OVERCOME SELF-PITY

With the right attitude, appropriate mindset and some self-discipline, the vicissitude of self-pity can be overcome by doing the underlisted.

1. PRACTICE SELF-AWARENESS

Self-awareness is the first level of the building blocks of Emotional Intelligence. A self-aware person is conscious and knowledgeable enough to “know self”, He or She knows his Strength, Weaknesses, Opportunities and Threats (SWOT).



OVERCOMING SELF-PITY...

“Self pity is easily the most destructive of the non-pharmaceutical narcotics; it is addictive, gives momentary pleasure and separates the victim from reality”

John Gardner

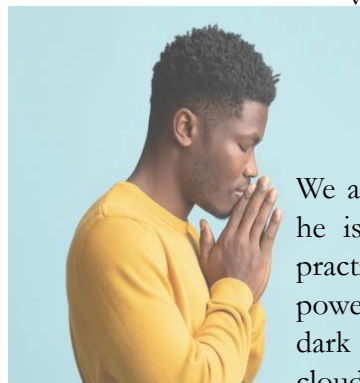
Knowing one’s mood and how to appropriately express them:

- ✓ Be kind to yourself in different times, moments of failure.
- ✓ Practice self-love and don’t judge or criticize yourself and misdeed too harshly.
- ✓ Keep painful thoughts and feelings in a mindful state.
- ✓ View and rationalize negative outcomes as part of human experience. As the saying goes “life happens.” When it happens, don’t ask “why me.” Asking questions starting with “why” will push you further down the deep

dark hole of self-pity.

Questions starting with what, how and when on the other hand will lift your spirit and break the strangulating hold of self-pity off your neck. Ask:

- ✓ What can I do to get out of this mess and get a more productive outcome.
- ✓ When will I see the light at the end of the tunnel – easily engenders hope
- ✓ How can I change the situation for the better – is seeking pragmatic solution to the problem rather than bemoaning unfortunate situations and celebrating pity-party.



2. PRACTICE POSITIVE THINKING

We are what we think. “As a man thinketh, so he is.” We have become what we think, so practice positive thinking. Understand the power of self-fulfilling prophecy. If you think dark thoughts, you will be covered with dark clouds. If you think all will be well, you will live on the sunny side of life; happy and healthy.

To overcome the feeling of self-pity:

- ✓ Purge your mind of dark and depressing thoughts.
- ✓ Concentrate on good and helpful things. Live by the Biblical injunction, “Whatsoever

things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report, if there is any virtue, and if there be any praise, think on these things.” Philippians 4:8

- ✓ Concentrate your thoughts, energy on good and helpful things.
- ✓ Volunteer and help in charity and benevolent group providing support for the needy.
- ✓ Contribute to worthy causes being part of the solution and not the problem. Offering help serves the needy and lift the soul of the helper to find fulfilment and satisfaction.

“It’s okay to be sad. Pity yourself. Cry it out. But don’t get too comfortable with these emotions. Because the next step is: LET IT GO.”

Charles F. Glassman

3. PRACTICE MINDFULNESS & MEDITATION

Mindfulness is being in the moment. Be in the moment to appreciate, value and enjoy all of nature. In all of nature meditate – engage in deep reflections and flush off all negative thoughts and notions you may have internalized. Project and in a very optimistic manner, see the silver lining in the sky. Connect to the graciousness and goodness of the Lord. Be re-energized, renewed in strength and rejoice in Lord in prayer and praise.



4. PRACTICE SELF-LOVE & COMPASSION

It is said self-love is the law of survival. Love yourself and love your neighbor. Try to be positive even in difficult and tough times. Tough times don’t last, tough people do. Cultivate resilience skills. Be compassionate to yourself and all others. Be happy, exercise, eat well, sleep well, play well. These will contribute to your physical wellness, mental and emotional well-being and happiness.

Self love is your SUPER power



5. PRACTICE GRATITUDE

What you are, God has ordained. All you have, God has given. Be thankful for who you are. Be appreciative of all you have and your station in life. Give thanks for your situation. Be thankful for your circumstances.

Concluding Remark

Know that life is a gift. Be thankful to the giver of life and all perfect gifts. Everyday is a gift. Start each day with a grateful heart, being thankful.

Cultivate the attitude of gratitude by keeping a gratitude journal – list all the things for which you are grateful.

Replace the things for which you feel disadvantaged, needy, disappointed, disregarded with your assets, your talents, your loved ones, etc. and be thankful. Give thanks with a grateful heart.



“Selfishness is one of the common faces of pride.” ‘How everything affects me’ is the center of all that matters – self-conceit, self-pity, worldly self-fulfillment, self-gratification and self-seeking.”

~Ezra Taft Benson

“Self-pity is our worst enemy and if we yield to it, we can never do anything wise in this world.”

~ Helen Keller



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Human Capital Advisory: Training and Development, HR Planning and Management, Human Capital Outsourcing.

Business Advisory: Strategic and Organizational Management, Technology and Innovation Management, Social Policies and Welfare Programmes.

Employee Assistance: Employee Engagement for Productivity and Performance, Psychosocial Risk Management, Employee Wellness and Wellbeing.

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