How to retain your sense of self in a relationship

Keeping a sense of "self" may seem counterintuitive when we are in relationships. We find ourselves wanting to do everything we can in order for our partner to feel satisfied and happy with us. While this is a natural part of any relationship, it's important not to lose sight of who we are in a relationship because it can make the experience more fulfilling for both people involved. It's also good for your mental health and spiritual wellbeing as it can help with restoring self-confidence whilst embracing individuality.

Devina Kaar. Radio host and Producer speaks on three leads to keep your sense of self when you are in a relationship:

1. Revealing your sense of self. The first step to keeping our sense of self in a relationship is to focus on what we are good at and what we enjoy doing. Our sense of self should be rooted in our ability to be distinctly empowered by our own identity. We should not be so hard on ourselves and should stop comparing ourselves to other people. Revealing our sense of self can include taking care of our bodies and mind by eating healthy and exercising regularly.

2. We can also take care of our mental health by talking to professionals about how we are feeling when things get tough for us. This will help us feel more satisfied with our lives and will make it easier for us to be happy with ourselves.

3. Empowerment in your independence. When you are in a relationship, it is important to maintain your sense of self. This means that you need to spend time on your own, be independent and not depend on your partner for everything. A relationship is a two-way street. It's important to maintain your sense of self while being in a relationship.

Lastly, it is also important to have a strong support system outside of your relationship so that we don't get lost inside it. It is important to maintain your sense of self while being in a relationship. There are many ways that you can do this, but one of the most effective ways is by finding an activity that interests you, spending time in knowing the ever-changing you, and then practicing radical self-acceptance. You want to feel good about yourself and not just the other half of someone else. Remember the journey to more self-love is love itself!

Kerala named ‘The Most Welcoming Region’ for the 4th time

Despite the challenges the past two years have wrought upon the travel industry, our love for travel has never waned as travel optimism and hope for recovery remain high. Travel platform Booking.com announces the recipients of its tenth annual Traveller Review Awards, including the 2022 Most Welcoming Places on Earth. Kerala has topped the list once again as the ‘Most Welcoming Region’ in India followed by Goa and Pushcherry, Palolem, Agonda, Munnar, Kishkinda and Varkala are the top five ‘Most Welcoming Cities’ in India. The awards also highlight hotels as the most welcoming accommodation type by Indians followed by homestay, resort, guesthouse and apartments. From iconic architectural wonders to pristine natural beauty, the 2022 Most Welcoming Places on Earth span the globe and offer travelers a range of memorable travel experiences. The 2022 Most Welcoming Regions on Earth include Slovenia (Slovenia) followed by Taiwan County (Taiwan) and Australia (Australia). Booking.com also revealed the top 3 Most Welcoming Cities on earth which include Matera (Italy), Bled (Slovenia) and Taichung City (Taiwan).