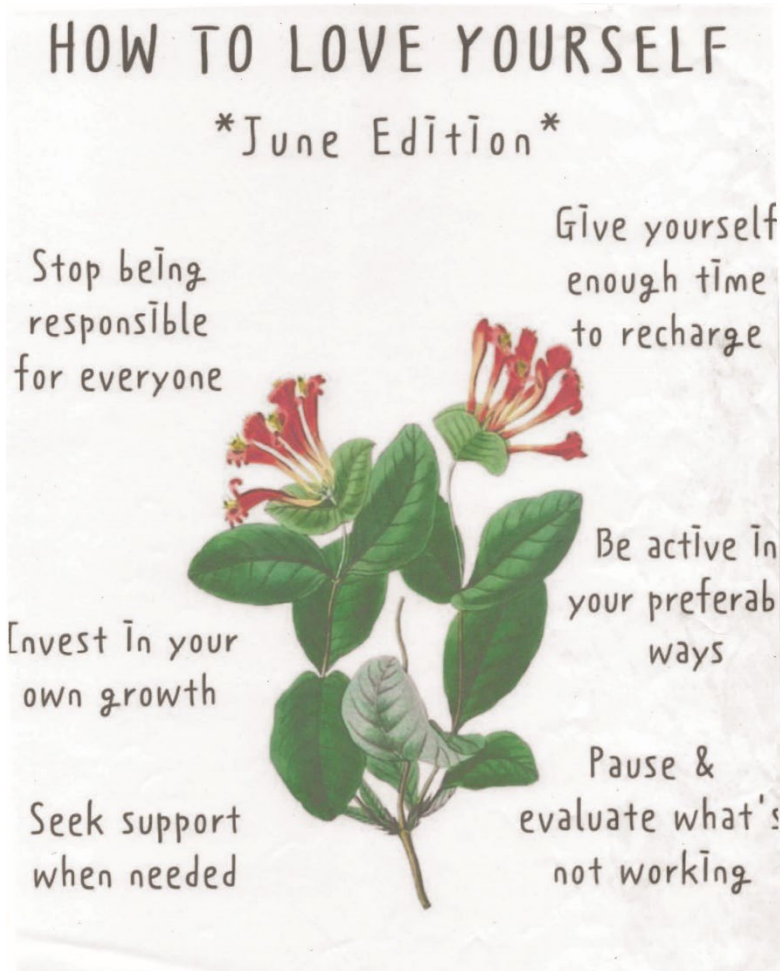


## RESOURCES



### Self-Love

A regard for one's welfare/well-being and happiness, love of self, or appreciation of one's own worth or virtue. The formal definitions.

Be confident in your thoughts, feelings, and opinions. Knowing you can do something well. Knowing you are unique or one of a kind. Know your value/worth. Worth is the foundation of self-love. A feeling that you are a good person who deserves to be treated with respect. Be resilient, learn to cope well with stress, and don't let life get you down—my definitions.

**“A queen does not let others determine her (their) worth”**

### Steps to Self-Love:

1. Recognize what you are good at or know your abilities.
2. Build Positive relationships.
3. Learn to say “no.”
4. Learn to be assertive.
5. Challenge yourself.

6. Celebrate accomplishments.
7. Take responsibility for mistakes, and don't beat yourself up when you make a mistake. Put another way, no matter what I have done or haven't done, I'm still worthy of love.
8. Learn that things do not define you.
9. It's not about what happens but how I respond to what happens.
10. I believe in something greater than myself.
11. Every day find things to be grateful for.
12. The way you think influences the way you live.

### What does self-love look like?

- Saying positive things to yourself.
- Forgiving yourself when you mess up.
- Meeting your own needs.
- Being Assertive.
- Prioritizing your health and wellbeing.
- Spending time around people who support you and build you up (avoid people who don't).
- Asking for help.
- Letting go of grudges or anger that hold you back.

- Recognizing your strengths.
- Valuing your feelings.
- Making healthy choices most of the time.
- Living in accordance with your values.
- Pursuing your interests and goals.
- Challenging yourself.
- Holding yourself accountable.
- Giving yourself healthy treats.
- Accepting your imperfections.
- Setting realistic expectations.
- Noticing your progress and effort.

## Getting Started:

Identify one loving thing you can do for yourself today. Adding loving thoughts and actions to your daily life will crowd out some of your self-defeating thoughts and behaviors. With practice, self-love will become second nature.

## Self-Care Domains

It is important to note that self-care is personal, therefore you are welcome to define these domains differently or have your own set of rules for each one. There is also going to be overlap between them and that is okay! What fits into my self-care box may not fit into yours. There are no right or wrong answers. If you are stuck ... here are some domain examples.

**Intellectual Self-Care** - Anything that stimulates your mind. Examples might be: Removing disruptive notifications from your phone, disconnecting from electronics, Browsing/reading a new book, doing a crossword puzzle, Watching a documentary movie, Learning something new, Changing your routine, Turning negative thoughts into positive ones, etc.

**Emotional Self-Care** - Anything that helps you get in touch with, recognize, or improve emotional health. Examples may be: Practicing mindfulness, Journaling, Setting boundaries, Talking things through with a supportive friend, Limiting Exposure to News, Practicing Gratitude, Laughing, meditating, allowing yourself to cry, sticking to a routine, etc.

**Occupational Self-Care** - These are self-care activities for the workplace or perhaps school. Examples might be taking a 5-minute break from the computer to stand and walk, Investing in a standing desk or pad, Keeping healthy snacks nearby, Bringing in a small plant for your desk, Reducing your caffeine intake, Working on posture, Celebrating coworkers' (classmate) wins, Putting up colorful art in the office or breakroom, using your vacation time, taking needed days off, allowing yourself to not be a perfectionist, delegating when allowed, etc.

**Community Self-Care** - This is self-care within the community or for the community: Some examples include Attending meetings and rallies led by local organizers, Engaging in group therapy, Participating in mutual aid efforts- through money, time, sharing posts, etc, Telling friends how proud of them you are, Offering what you can-resources, money, time, energy, love, food, etc., Receiving when you are in need and/or when it's offered, Participating in book clubs on topics you care about, Making art with friends, Sitting outside in the sun, going for a walk outside, etc.

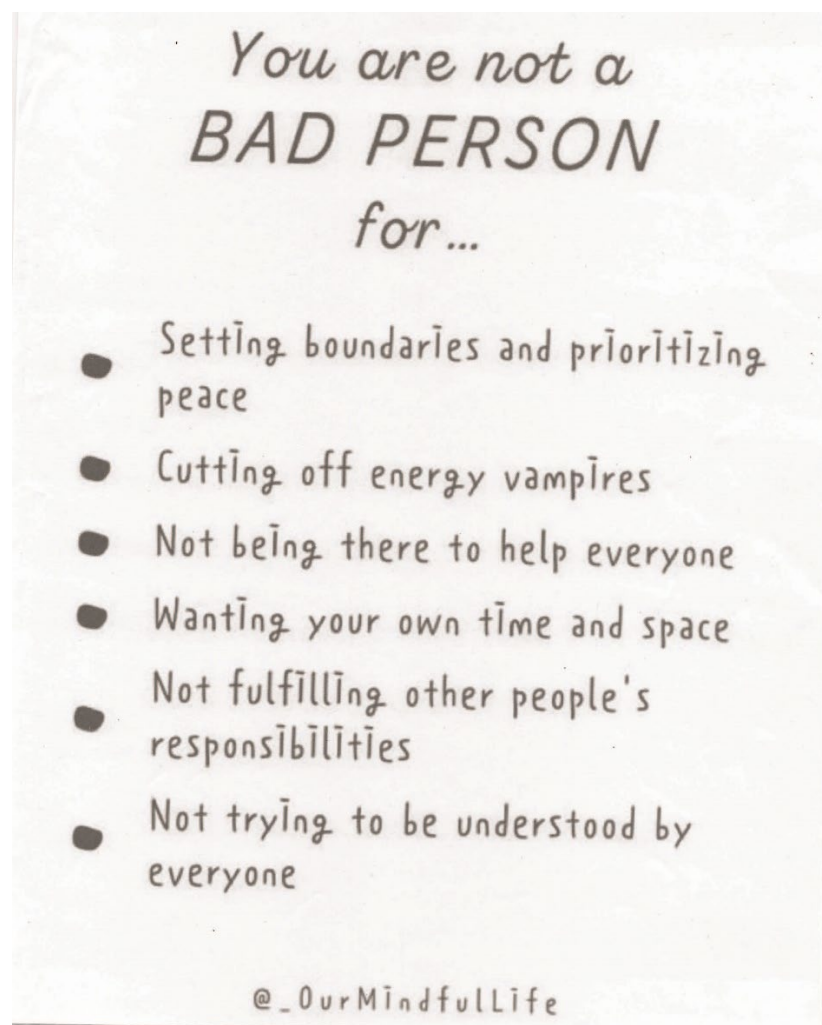
**Environmental Self-Care** - This means designing your environment to work for you, or this could mean doing good for the environment. Examples include: Color co-ordinate your books or bookshelf if you have one, Explore an area you haven't been to before and put google maps away, Head to a quiet or bustling coffee shop to work, Hang out in the library either reading working or catching up, Get rid of anything that doesn't bring you joy, Use more reusable and sustainable products and packaging, Recycle as much as possible, Rearrange furniture or reinvent an unused space in your house, Change

your bed sheets regularly and keep them fresh and crisp, Make your bed every single morning, Simply spend more time in nature, Go walking, swimming, camping, hiking, gardening, etc.

**Physical Self-Care** - this includes anything that gets you moving or helps you feel healthy and strong. Examples include hydration, limiting caffeine, working on strength building, including cardio, going for a walk, eating a salad, going to be on time, standing every hour, getting steps in, going outside and soaking up the sun, sticking to a routine, washing your face, good oral hygiene, buy a new moisturizer, put on sunscreen, etc.

**Financial Self-Care** - This includes doing stuff for your financial wellness and future. Examples include Rethinking your relationship with money and spending, establishing healthier money habits, setting realistic financial goals, investing in yourself, checking your bank account balances, Finding and canceling recurring charges for things you aren't using, Saying no to expenses that you don't need or really want, Start saving on autopilot, Using your PTO, Adding \$5 to your investment account, Donating to a cause you care about, BUYING something you want because you deserve it!!

**Spiritual Self-Care** - This self-care is comprised of actions we take to deepen our connection with our higher self, and who we truly are, or it can be about connecting with a higher power. Examples include: Meditating, being grateful, attending a religious service, journaling, practicing a prayer to the universe or to a higher power, honoring our ancestors, try stargazing, volunteering to help others, visiting and learning about various religions and spiritual practices, coming up with an affirmation of positivity, reflect on the day/week/month, dance dance dance!, be thankful and mindful for the food you are eating, etc.



Resources from Instagram, @\_OurMindfulLife