

HEALTHFUL TIPS

How to LOVE yourself

Celebrate Yourself this Valentines Day!

Most of us are good at showing other people in our lives love, but not-so-good at showing it to ourselves. For example, have you ever really thought about some of the negative things that you say to yourself? Would you ever say those things to another person?

When you are able to love and accept yourself, you are better equipped to love those around you. In honor of Valentine's Day, here are some healthy ways to show some love to the unique and wonderful YOU.

Focus on your positive attributes and accept the flaws and the fact that you are not perfect.

When you hear negative self-talk creeping into your inner dialog, stop and instead say something nice.

Purposely think kind, grateful thoughts. Make a list of the things you appreciate about yourself and your life. Review that list at least once a day—more if the day is challenging—choosing to focus on those positive things.

Rather than living a life of constant worry, learn to let it go. Take action in the situation if possible; if not, turn your focus to things that you can control.

Celebrate your past. Forgive past mistakes and shortcomings, realizing that they make you who you are today. We can learn from all of our past experiences.

Hang out with people who support you and help you to feel good about who you are.

Look for opportunities to nurture your dreams and skills, providing you with a more fulfilling life.

When you make a mistake, learn from it and then let it go. We all make mistakes, but they do not define who we are.

Give yourself adequate time to relax and rejuvenate—doing absolutely nothing.

Cultivate fun. What is it that you like to do for fun? Find time and make those things a priority.

Eat healthy foods and exercise your body. You're worth it.

Listen to music with positive messages.

Set up an appointment to have your hair and make-up done and then hire a photographer to take photos. You'll love the way your inner beauty shines through.

Give yourself permission to just "be" rather than constantly doing.



If you want others to treat you well, treat yourself well first.

Unknown

Buy flowers for yourself.

Treat yourself to a manicure.

Make your favorite meal. Set the table with your best dishes and candlelight. Take small bites and savor every bite.

Learn to listen and to trust your intuition.

Give yourself permission to say "no" to things that you really do not want to do.

Give yourself permission to say "yes" to the things that you really do want to do.

Happy Valentine's to the wonderful, unique, amazing YOU!