

SELF LOVE

What is self-love?

Self-love is not simply a state of feeling good. It is a state of appreciation for oneself that grows from actions that support our physical, psychological, and spiritual growth. Self-love is dynamic; it grows through actions that mature us. When we act in ways that expand self-love in ourselves, we begin to accept much better our weaknesses as well as our strengths, have less need to explain away our shortcomings, have compassion for ourselves as human beings struggling to find personal meaning, are more centered in our life purpose and values, and expect living fulfillment through our own efforts

source: <https://bit.ly/3oxeuu5>

What does self-love mean to you?

Just as self-care is unique to the individual, so is self-love and understanding what it means to you is an important step in practicing it. So what does it mean to you? Does it mean accepting yourself as you are in this very moment for everything that you are? Does it mean choosing yourself? Does it mean accepting your emotions for what they are? Does it mean accepting not only your strengths but also your weaknesses? Take some time this month to figure what you need to practice self-love and what it really means to you.

Self-love, be intentional

<https://bit.ly/3CBgXaz>

Changing perspective from shame to self-worth

<https://bit.ly/3AtwOHS>

STARFISH WELLNESS: FEEL GOOD. DO GOOD.

WELLNESS UPDATES AND RESOURCES

To fall in love
with yourself is
the first secret to
happiness

Robert Morley

Earth's mysterious red glow

<https://bit.ly/3INRGmS>

Mental Health America Screenings

<https://bit.ly/3hjc4v6>

WELLNESS MEETINGS

Request your own wellness meeting

<https://forms.gle/PiMuTMogZRcNZDFx9>

Announcing the newly revamped area of the employee wellness program! Self-care meetings are now known as wellness meetings, this will allow for better support in not only your self-care goals but in helping to improve your overall quality of life.

There is also a new self-care checklist, watch for an email to explain the new pdf and how to use them!

HEADSPACE RECOMMENDATIONS

Self love

Self-esteem course

Appreciation course

Connecting mind and body

Environmental Wellness Tips

- Routinely clean your home
- Spend time outside
- Notice how spaces make you feel
- Be mindful of the resources you use
- Learn about environmental causes
- Fill your living space with things you enjoy



In the wild of changing things, make time for what helps you slow down and breathe

Morgan Harper Nichols