



# 14 SIMPLE WAYS TO LOVE YOURSELF



01

## RECITE POSITIVE AFFIRMATIONS.

The mind is a powerful thing. We don't always realize the impact our thoughts can have. Start telling yourself the story you want to be a part of. Use positive language; speak truth over yourself. Try these... "I attract positivity and happiness." "I think in abundance, not scarcity." "I am secure in who I am."



02

## PAMPER YOURSELF.

You work hard and you deserve to take a moment to yourself and recoup. Here are some fun ideas... Get a manicure and pedicure. Enjoy a special coffee drink. Hire a cleaning service. Take a hot bubble bath. Order an exciting dish for dinner. Get a massage or facial. Drink some wine with a friend. Binge watch a popular show.



03

## TAKE TIME TO READ.

Not only can it help reduce your stress, it can help stimulate your mind. It can also improve your writing skills, increase your attention span, create stronger analytical thinking, improve focus and concentration, and even spur you on to be more empathetic towards others.



04

## MEDITATE. BE QUIET.

Find a place quiet to sit. Set a time limit. Diffuse an essential oil. Sit with your feet on the floor or loosely cross-legged. Feel your breath and follow it. Notice when your mind has wandered and return it to your breath. When you're ready, gently lift your gaze. Open your eyes; take notice of sounds in the environment, your body, your thoughts and emotions - recognize them. Go in kindness.



05

## TAKE A TECHNOLOGY BREAK.

Unplug it. Turn it completely off. Tuck it away. Do whatever you need to do to step away and give yourself a technology break. Studies have shown that higher levels of screen time have been linked to an increased risk of depression and lower well-being. BREAK FREE!!



06

## JOURNAL EVERY MORNING.

Journaling in the morning can help you start things off on the right foot and get your mind in the right place. Not sure where to start? Challenge yourself to write down three things you are grateful for and why. Do that every morning and branch out from there. Add a date to the top of the page. A year from now you can go back and see how far you've come!



07

## USE ESSENTIAL OILS.

Fragrances can have quite a powerful impact on your emotional state. As soon as you take a whiff, the airborne odor molecules travel up the nose to your olfactory receptors, which then relay messages to other parts of the brain. Your sense of smell is the only one of the five senses that is directly linked to the limbic lobe of the brain, the emotional control center. Grab those oils and inhale or diffuse them!





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08

## TAKE UP A NEW HOBBY.

Not only is it entertaining, it can give you a sense of control and fulfillment. It allows you to put your time and energy into something you're passionate about. A hobby can be a way to express yourself through art; it can be a form of service. It can be a way to enhance your own skills or even bring people together for a sport or physical activity. No matter what kind of hobby you choose, the excitement we feel when we pursue something we love fills our lives with meaning.



09

## COLOR, PAINT, OR DRAW.

The simple act of coloring is very relaxing, bringing about a sense of peace and a decreased amount of stress. According to clinical psychologist Scott M. Bea, PsyD, from the Cleveland Clinic, it has everything to do with refocusing our attention. It takes the attention off ourselves (and our daily stressors) and onto the event in front of us. Your brain is focused on a simple activity and not all the other clutter and chaos of life.



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## LISTEN TO MUSIC.

According to the NorthShore University HealthSystem, music can have profound effects on people. It's heart healthy. It elevates mood. It reduces stress. It relieves symptoms of depression. It stimulates memories. It manages and eases pain. It helps people eat less. It increases workout endurance.



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## TAKE TIME TO REST.

Rest can reduce your stress. It can strengthen your immune system because you are giving your body a chance to recoup from activity and stress. It regenerates your mental energy and can increase your focus during work periods. The time away may actually help you appreciate your responsibilities even more.



12

## EXERCISE REGULARLY.

Your body was made to move - NOT to be sedentary. Exercise increases happiness and boosts mood, naturally reduces your risk for heart disease, strengthens your circadian rhythm, increases amount of energy, increases strength and flexibility, improves memory, increases self-confidence, strengthens your immune system, and increases lymphatic return.



13

## BUY YOURSELF FLOWERS.

Nature has a way of breathing life into us with the simplest of ways. According to one recent study, the presence of flowers triggers happy emotions, heightens feelings of life satisfaction and affects social behavior in a positive manner far beyond what is normally believed.



14

## TAKE PHOTOS OF YOURSELF.

The simple act of taking a selfie can help provide self-affirmation and identity. The more you see yourself on camera, the more familiar that view of yourself will become. You'll start seeing less of all those "imperfections" and begin seeing how beautiful you really are.

