

COUNSELOR CORNER

FEBRUARY 2024

SELF-LOVE SWEETHEARTS

Directions: Finish the sentence in each heart.



FEBRUARY IS ALL ABOUT SELF-LOVE. HERE ARE SOME DIFFERENT WAYS YOU CAN PRACTICE SELF-LOVE THROUGHOUT THE MONTH!

A Month of Self Love

for self care and happiness

**SELF LOVE CAN MEAN:
TAKING "ME" TIME TO CARE FOR YOURSELF
EMBRACING YOUR IMPERFECTIONS
KEEPING PROMISES TO YOURSELF
PRACTICING SELF-COMPASSION AND FORGIVENESS
PROMOTING POSITIVE SELF-TALK
DECREASING THE SELF-CRITIC
BELIEVING IN YOUR OWN VALUE, WORTH, AND RIGHT TO RESPECT
ESTABLISHING HEALTHY BOUNDARIES**

Watch your favourite movie.	Visit a local farmers market.	Cook a healthy meal.	Plan your weekly menus.	Call a friend, have a good chat.
Start a journal for self healing, self coaching, inner peace.	Put your feet up and read for five minutes.	Go for a walk, take 3 photos of things that inspire you.	Have a picnic lunch alone or with family or friends.	Create a vision board.
Find a new recipe to try.	Treat yourself, buy your favourite flowers.	Delete 5 apps on your phone you do not use.	Write 3 things you are grateful for.	Put your favourite tunes on and dance.
Visit a place you haven't been to before.	Spend time mindfully colouring.	Sit in silence for 10 minutes or meditate.	Spend 15 minutes tidying your desk or office.	Enjoy a bubble bath or spa.
Start a herb garden or spend time gardening.	Grab a coffee and enjoy it at a beautiful lookout.	Relax in nature.	Compliment a stranger.	Try yoga or some stretches.
Indulge in a manicure or pedicure.	Spend extra time doing your favourite hobby.	Spend time doing a puzzle.	Clean your closet. Donate some clothes to charity.	Go for a bike ride or a drive.
Write a gratitude list.	Ask for help. Reach out to a support group, mentor or friend.	Listen to a motivational podcast.	Say No to negativity by being conscious of your thoughts and people around you.	Watch the sunset.