

SELF LOVE

Self-love is an essential aspect of our well-being, especially during our teenage years. It involves having a positive and accepting attitude towards oneself, including both our strengths and weaknesses. However, self-love is often easier said than done, as many teens struggle with self-doubt, low self-esteem, and the pressure to conform to societal standards.

To start cultivating self-love, it's important to acknowledge and appreciate your unique qualities and talents. Whether it's your sense of humor, kindness towards others, or artistic abilities, focusing on what makes you special can boost your self-confidence and self-worth. Remember that it's okay to be different and that your individuality is something to be celebrated, not hidden or suppressed.

Another important aspect of self-love is taking care of your physical and mental health. This includes getting enough sleep, eating well, and engaging in regular exercise. Taking time to relax and de-stress through activities like yoga, meditation, or reading can also improve your overall well-being.

It's also important to surround yourself with people who support and uplift you. Surrounding yourself with positive influences can boost your self-confidence and provide a sense of belonging. Conversely, being around negative influences can take a toll on your mental health and self-esteem. Remember that you are deserving of healthy relationships that bring out the best in you.

Finally, self-love involves setting boundaries and taking care of yourself. This means saying no to things that don't align with your values or make you uncomfortable, and prioritising your own needs and wants. Remember that it's okay to put yourself first sometimes, and that taking care of yourself is not selfish but essential for your overall well-being.

In conclusion, self-love is a vital component of a healthy and fulfilling life. If you practice you can cultivate a strong sense of self-love and improve your overall well-being. Remember that you are worthy of love and respect, and that it starts with loving and respecting yourself.

Kroppl

NEWSLETTER

Write a thank you letter to yourself, write about all the qualities you're happy to have, the achievements you're proud of, the good things you've done for others and the goals you managed to achieve!



Self-Care Bingo

MAINTAINED BOUNDARIES	SHOWED MYSELF KINDNESS	EXPRESSED FEELINGS	MADE TIME FOR REST	LISTENED TO MY BODY
PRACTICED SELF-COMPASSION	DRANK WATER	ASKED FOR HELP WHEN I NEEDED IT	LET MYSELF CRY	DID A HOBBY
TOOK A SHOWER	ATE FOOD		TALKED TO A FRIEND	LAUGHED
READ FOR FUN	GAVE MYSELF A COMPLIMENT	LISTENED TO MUSIC	DECLUTTERED MY SPACE	BRUSHED MY TEETH
WENT OUTSIDE	USED A COPING SKILL	TOOK A BREAK	MOVED MY BODY	TREATED MYSELF