

*February Mental Health and Wellness Theme:*  
*Self-Love*

February is known for showing your love to important people in your life. This February learn about Self-Love and how it helps with your mental wellness.

NOTE: ALL RPSTA members will be entered to win a Hug in a Box.  
Stay tuned to find out the winner!



**13 Steps to Achieving Total Self-Love**

1. Stop Comparing yourself to Others
2. Don't Worry About Others' Opinions
3. Allow Yourself to Make Mistakes
4. Remember Your Value Doesn't Rely on How Your Body Looks



5. Don't Be Afraid to Let Go of Toxic People
6. Process Your Fears
7. Trust Yourself to Make Good Decisions for Yourself
8. Take Every Opportunity Life Presents Or Create Your Own
9. Put Yourself First
10. Feel Pain and Joy as Fully as You Can
11. Exercise Boldness in Public
12. See Beauty in the Simple Things
13. Be Kind to Yourself

Check out the full article by clicking [here](#).

***Loving Yourself and Others: The Impact of Compassion on Mental Health and Wellness***

“On a day-to-day basis, we can engage in self-care activities rather than just focusing on taking care of other people, our jobs and responsibilities. We can take some time out of our day to do small things just because we like to do them, whether that's going for a walk, listening to our favorite music or taking a longer bath than is necessary.” To read more click [here](#).

-What does it mean to have a self-love practice? And what does this look like in someone's daily life?

-How does having a loving and/or positive relationship with yourself help your mental health and well-being?

-Whether platonic or romantic, how can a self-love practice also build stronger or more loving relationships?

-How can people build more loving and stronger relationships while also maintaining a practice of self-love?

If you have the  
ability to love,  
love yourself first.

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CHARLES BUKOWSKI