



Wellness Wednesdays



February: Focus of the Month: SELF-LOVE

"Your greatest responsibility is to love yourself and to know you are enough."

— Author Unknown

Fun Facts:

- ♦ Black History Month has been celebrated for over 40 years in the month of February.
- ♦ If you were born on February 29th, consider yourself lucky: there is only a 1 in 1,461 chance of that happening. People born on February 29th are called "leapers" or "leaplings".

[Click here for more fun facts](#)

RECIPE OF THE WEEK:



Self-Love Smoothie:

Ingredients:

- 1, 1/2 cup—Orange Juice
- 1 cup—Pomegranate Juice
- 1 cup—Raspberries
- 1 cup—Blueberries
- 2 cups—Strawberries
- 2 tablespoons—Chia Seeds
- 1 teaspoon—Vanilla Extract

Instructions:

Combine all ingredients in a blender and blend until smooth.

Serve and Enjoy!!!

Any extra can be stored in the refrigerator for later in the day. :)

February seems like the perfect month to practice self-care by celebrating SELF-LOVE! Self-love is defined as "regard for one's own well-being and happiness". As many psychology studies have shown **self-love** and compassion are key factors related to our mental health and well-being and can assist in keeping depression and anxiety away. So, as we navigate these uncertain times, it is extremely important that we keep self-love and personal wellness as a focal point. It is important to remember, as the old saying goes "you can not pour from an empty cup", and one of the ways in which we can refill our cups is to be kind and loving to ourselves. We challenge you this month to go on a "self-date." You may have to be creative in these times but please find ways to take yourself on a date. This could mean taking a long walk or hike (weather permitting), enjoying a good book and cup of tea, taking yourself to dinner (if you are comfortable dining out) or cooking yourself one of your favorite meals. The possibilities are endless, and the most important part is that you spend time with yourself!

10 Tips For SELF LOVE

Take a deep breath, give yourself a little hug and start practicing the following:

1. Start each day by telling yourself something positive. How well you handled a situation, how lovely you look today. Anything that will make you smile.
2. Fill your body with food and drink that nourishes it and makes it thrive.
3. Move that gorgeous body of yours every single day and learn to love the skin you're in. You can't hate your way into loving yourself.
4. Don't believe everything you think. There is an inner critic inside of us trying to keep us small and safe. The downside is this also stops us from living a full life.
5. Surround yourself with people who love and encourage you. Let them remind you just how amazing you are.
6. Stop the comparisons. There is no one on this planet like you, so you cannot fairly compare yourself to someone else. The only person you should compare yourself to is you.
7. End all toxic relationships. Seriously. Anyone who makes you feel anything less than amazing doesn't deserve to be a part of your life.
8. Celebrate your wins no matter how big or small. Pat yourself on the back and be proud of what you have achieved.
9. Embrace and love the things that make you different. This is what makes you special.
10. Take time out to calm your mind every day. Breathe in and out, clear your mind of your thoughts and just be.

Video Links About Self-Love

[YOU ARE ENOUGH | Epic SELF LOVE Speech](#)

[Love Yourself! | Motivational Video](#)

[14 Days of LOVE: February Mindfulness and Love Challenge](#)

Just a friendly reminder...

Please remember to share ideas, feedback, and relevant images to our email at:

WellnessWednesdays@windham.k12.ct.us