

Cassadaga Valley Central School District

The Importance of Self-Love

February 2023

“When you're different, sometimes you don't see the millions of people who accept you for what you are. All you notice is the person who doesn't.

— Jodi Picoult

Self-love vs. Self-care

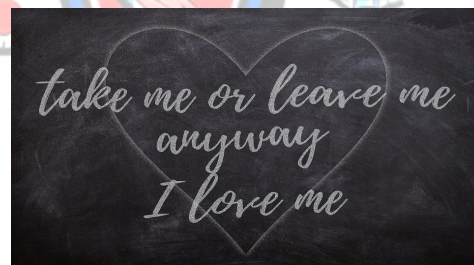
During the month of February we often talk about the concept of “love”, especially towards others. During the winter months we also think about self-care. Not always do we talk about the concept of “self-love.” You might be asking yourself, what the difference might be between self-love and self-care, and in fact they are completely different but very much related. According to Mindvalley.com, “Self-love is open and honest. It’s the ultimate commitment; to get to know and accept yourself as you are. To fully experience life as it happens to you. And to continually seek ways to physically, psychologically, and spiritually grow from these experiences.” Self-care on the other hand is “the practice of taking action to preserve or improve one's own health.” The key difference between these two things is that self-care is the actions and practices you take to develop or enhance your self-love. Self-care is more action-based, while self-love is more of a mental and emotional state regarding how you feel about yourself. Acts of self-care help support and lead to self-love. Both of these things are extremely important for personal growth, but in order to be your “best-self” you can’t have one without the other.

How do we practice self-love?

There are several things we can do on a daily basis to practice self-love. The key phrase is “daily basis”. It is difficult to practice self-love on a daily basis especially with growing responsibilities, higher workloads, and increasing expectations to be successful, but in order to see the growth you are looking for this needs to be a part of your daily practice. Here are some daily self-love ideas to incorporate into your daily lifestyle.

Prioritize your well-being and mental health

According to [Verywellmind.com](https://www.verywellmind.com), “Your physical and mental health are directly correlated and how you feel physically can influence how you feel mentally and emotionally. When you begin loving and caring for your body, you’re directly and positively influencing your mental health.”



Don't compare yourself to others

Comparing yourself to others can increase anxiety, stress, guilt, and especially shame. Shame is the belief that one is inferior or unworthy of affection or respect. No person is the same and be proud of your differences. You are a unique individual. Embrace it!

Forgive Yourself

We are all human beings and we all make mistakes. We cannot change the past and by ruminating over these choices will most often lead to stress and shame. Remember that many things are out of our control and there is nothing we can do about those things. Make peace with your choices and move forward.

What's going on at CVCS?

Recently at CVCS we participated in [P.S. I Love You Day](#). The mission of P.S. I love you is to bring awareness to mental health and bullying. The focus of P.S. I Love you day at CVCS was to promote kindness and love for all students and staff. We encouraged all students and staff to wear the color purple to school and to show acts of kindness to others. Students wrote positive messages for others and placed sticky notes on lockers or gave them directly to student's. The elementary students were also able to take photos with their friends at a custom heart shaped photo booth. They had so much fun with it and you can find the photos on our website.



How to learn more about Self-love?

Verywellmind.com

Lifhack.com

[Positive Psychology](#)

[Forbes Health](#)

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