

# LOVE YOURSELF AND TAKE CARE OF YOUR BODY

**“There is no need to be perfect to inspire others. Let others get inspired by how you deal with your imperfections.”**  
**“You yourself, as much as anybody in the entire universe, deserve your love and affection.” – Buddha**

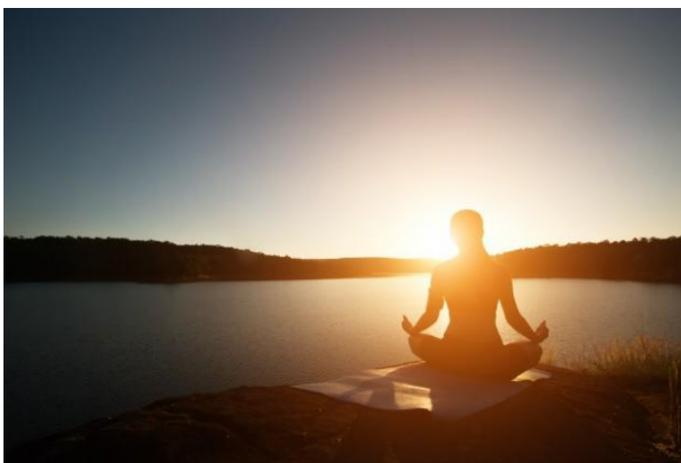
Coronavirus has plunged the world into uncertainty and the constant news about the pandemic can feel relentless. The most common emotion faced by all is fear, anxiety, stress, panic and can even possibly make us think, say, or do things that we might not consider appropriate under normal circumstances. Therefore, it is more important than ever to be kind to yourself and make self-care a priority. Self-care also helps us sharpen our mental and physical health through better self-esteem, stress management, and overall well-being. Here are ways you can appreciate your body with simple rituals for self-love and wellness.

## 1. Be happy & Stress-free



This often seems easier said than done. Happiness feels good. It is also genuinely great for your health. When you are healthy, you are happy, and vice versa. Research suggests that feeling happy may even prevent disease, including heart disease. For those who find “be happy” just a little bit of a reach, it turns out there is actually a simple way to feel more upbeat: Just crack a smile! Stress can become a real burden on health if you find yourself in that state all the time. Between work, relationships, family, and whatever else life throws at us, it is difficult not to succumb to stress. Do not let it get you. Use these strategies, which range from drinking tea to practicing progressive relaxation, yoga to keep the stress monster at bay. Yoga helps relieve anxiety, stress, and depression, all while boosting energy levels and improving your overall sense of well-being.

## 2. Meditation



Meditation is a beautiful way to center yourself. When life is stressful or your mind is racing, you can always turn to meditation. It is also accessible to everyone because you can do it anywhere. All you need to do is find a quiet, comfortable space, close your eyes, and simply breathe. If you do not know where to start, or you just prefer guided meditation by downloading an app.

When you dedicate yourself to easing your mind every day, you will reap the benefits of meditation as your own wellness advocate. Meditation is proof that it does not take a ton of time to do a mind and body good. Just a few minutes of quieting your mind can help relieve stress.

Other benefits include a boost in compassion and emotional stability. The best part? Its benefits continue even when we are not meditating — consider it the gift (to yourself) that keeps on giving.

## 3. Mindful movement



## 6. Remember what you enjoy. Then do it.



Watching replays of your favorite sports teams can remind you of the good times behind you and the good times ahead (plus, you will already know the outcome). Now might be a great time to rewatch your favorite television shows and call a loved one when a memory pops up while watching. Where do you spend most of your time? Is it your desk at work? Is it your car? When you look around your surroundings, do you feel a burst of joy? If not, the next step is to create an environment you absolutely love.

If you have ever noticed that certain songs bring a smile to your face, you are not alone. As it turns out, science has taken note, too. Research shows that listening to happy music helps stimulate creative thinking.

## 7. Take Rest



We live in such a fast-paced environment. Give yourself permission to slow down, enjoy the special moments, and take care of yourself. Here are a few different ways to slow down in your daily life. Eat slowly. Every time you eat, make it a point to sit down without distractions. Make sure you chew slowly and taste what you are eating. This simple practice is a game changer in how you feel in your body every day. Breathe. During your day, take a couple minutes to just breathe. Take 10 deep breaths and check in with your body. Allow yourself to re-center and refocus before you move on with your daily tasks. Rest. If you can tell that your body or your mind is overly exhausted, it is important you allow yourself to give your body what it needs.

Going to bed early without finishing the dishes is okay. It is okay to let your body rest. After all, it is the vessel that carries us through every moment — it needs your attention and love. Resting in your own way will help you rejuvenate much faster and feel good in your body.

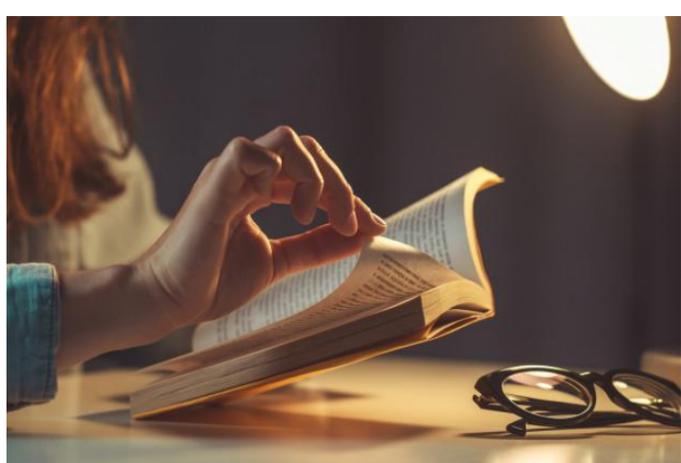
## 8. Gratitude



Focusing on the present — without judging how we feel and what we think — can be both a liberating and healthy practice. This is known as mindfulness, and it has become an ever-more-mainstream practice in psychological therapy. Studies show that getting in tune with ourselves through mindfulness improves well-being and brings down stress. Mindfulness also helps us see ourselves in a truer light.

Moving your body in a mindful way is much different than exercising or working out. This is not about forcing yourself to do something you hate. This is about tuning in to your body and asking yourself what you need. Find a way to move that makes both your body and mind feel good.

#### 4. A Good Read



Finding a book (or books!) that speak to you is an extremely important part to self-love and wellness for the mind. Research suggests that reading on a regular basis keeps the mind sharp as it ages. Reading fiction makes for more creativity and a more open mind. Cracking open a book may also improve sleep and make us more empathic, which is great if you want to be an all-round, stand-up person.

#### 5. Get enough Sleep



There are tons of things that can sabotage our sleep. The problem is, skimping on shut eye can hurt job productivity, make us choose to eat larger portions, and may lead to diseases like heart disease and diabetes. Prioritize snooze time for a healthier, happier you — even if it is just a quick cat nap during your lunch break.

Life is hard. But that does not mean you cannot enjoy it. The first step is wanting to see a change in your day-to-day life. It is more important that these changes are sustainable and nourishing. So, if you go for a day of self-indulgence, do not beat yourself up. Just try and do more to really care for yourself the next day.

### **Stay Healthy, Stay Safe!**

*“Place your hand over your heart, can you feel it? That is called purpose. You’re alive for a reason so don’t ever give up.”*

**World Suicide Prevention Day – September 10, 2020**

Having a morning and nighttime routine that is dedicated to gratitude is an amazing way to boost your self-love. And all you need is a journal to start. When you wake up every morning and each night before you sleep, write down three things for which you are grateful. It is a beautiful way to honor yourself and your life. It is a perfect time to say thank you to your body!

#### 9. Eat more fruits and veggies



Adding more fruits and veggies to our plate is a great way to practice self-care all throughout the day. Eating berries boosts brain health. And in case we needed another reason to load up on nature’s goodness, filling up on seven portions of fruits and veggies per day might well make us happier.

#### 10. Connect with friends and family



Hearing about the pandemic repeatedly can be upsetting. Take breaks from watching, reading, or listening to news stories, including those on social media.

Pick up your phone and call your families and friends. Talk with people you trust about your concerns and how you are feeling.

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