

Honor *All* Women

Counseling

OUR MISSION: HONOR ALL WOMEN COUNSELING IS A SPACE FOR WOMEN TO HEAL THE PAST, FIND COMPASSION IN THE JOURNEY AND SIMULTANEOUSLY SHINE THEIR LIGHT!

The month of February is known for the celebration of romance and love. It is easy to forget that this month means different to everyone. As mentioned in last month's newsletter, It is important to make sure our well-being is taken care. When we take care of ourselves, we become more fulfilled in life. With that said, we can all benefit from some extra self-love in this month of February.

This month can be commercialized to focus on relationships with other people, which of course is a beautiful thing to do, it is even more important to love yourself and be who you are. Let's make the second month of 2023 a month filled with affection, appreciation, and love towards ourselves. Now is the best time to show up for yourself and appreciate the incredible person that you are.



Let's talk about the difference of Self-care and Self-Love.

Self-care is any activity you do to help take better care of your well-being etc. When we take care of ourselves it help us remain healthy physically and mentally. It also means:

You can do your job at your best ability

You can help and care for your loved ones

You can do all the things you need to and want to accomplish in a day

Self-care is the answer to how we will cope with our daily stressors. We have to be mindful that everyone has different needs and different schedules, which means self-care will look different on everyone.

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Self-Love is the unconditional love you have for yourself despite your flaws, imperfections, social status, etc. Self-love is also caring for your well-being and happiness. You will learn to value yourself and know how to treat yourself in a loving way when you practice self-love regularly.

Loving yourself means understanding your strengths and weaknesses. Self-love is just as important as Self-care because it will motivate us to engage in positive behavior while reducing possible harmful behavior.

Self-Love encourages to become more empowered and not feel guilty when we say "no" to things.

Practicing Self-Care:

- Going for a walk
- Exercising
- Listening to music
- Getting enough sleep
- Eating health food
- Meditation/Mindfulness
- Aromatherapy
- Journaling
- Reading
- Asking for help
- Learning something new
- Doing a digital detox
- Saying "No"
- Practicing self-compassion
- Setting firm boundaries
- Taking 10 to 20 minutes a day to decompress

Practicing of Self-love:

- Giving yourself Permission to love your Body
- Keeping a Gratitude Journal
- Speak kind to yourself
- Celebrate small wins
- Find Support when you need it
- Understand That Sometimes Societal Expectations Offer Unrealistic Standards
- Cast Out the Idea That You Have to Be Perfect
- Embrace the Fact That You Can't Control Everything
- Forgive yourself
- Stop being tough on yourself
- Give up the Need for Approvals of Others

Let's remind ourselves it takes time to develop self-love, you will truly get better at it with time.

Even if you're under stress, consider all that you've already accomplished. You will undoubtedly start to boost your self-esteem and love yourself.



"You spend most of your life inside your head. Make it a nice place to be"