

# Practical Tips for Loving YOU

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Valentine's Day is a celebration of love. The day comes with gestures such as buying flowers, going to a nice dinner or spending quality time alone with a loved one. When we think of Valentine's Day, we should embody the many concepts of love. Love is demonstrating a feeling of deep affection and this Valentine's Day, we encourage you to take the time to focus on loving yourself as well as others.



Lack of self-care is a wide spread problem among many people. Taking time out of the day for just you is important for mental and emotional health. Here are a few tips to loving yourself this Valentine's Day.

- Have a delicious meal without any distractions. Frequently, we eat while multitasking and don't indulge in the dining experience.
- Do something that makes you feel young. Embracing your inner child is a gift to yourself. Working a job every day can bog life down. So get out and do something different for the night.
- Unplug yourself from the world, you'll thank yourself later. Constantly checking your phone can be depressing once you start scrolling through your social media timeline and comparing your life to those people you haven't talked to in months or maybe even years.
- Create a cozy space for yourself, and cuddle up with a book. Nothing says, "I love me," more than a good book, a quiet space and a comfy blanket.
- Last but not least, exercise. Exercise can release endorphins that make you feel good, so if you feel like taking a walk, going for a bike ride or doing some push-ups, you should.

Make self-care a priority not just this Valentine's Day, but also every day. Doing something small for yourself each day such as, mindful breathing or taking a short coffee break can go a long way for feeling good about you. Remember, your mind and body are the only permanent place you have to be, so treat them well.

For more informatio on mental or emootional health, visit [www.Headway.org](http://www.Headway.org).

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