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SWOSU BULLDOG WELLNESS

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**February 2024**

SWOSU Bulldog Wellness Committee

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# SWOSU

## Bulldog Wellness

February 2024



February is the Month that we Celebrate Love.  
Here are a few tips on how to *love yourself more*.

- 1. Be kind to yourself...**It seems simple, but it can be one of the hardest acts of self-love to master. We grow up in a society that is always telling us how to look, how to live and even how to feel. Give yourself permission to be human.
- 2. Change your self-talk...** To hold yourself to high standards and to feel negative emotions occasionally, but don't get stuck in a cycle of negativity. Catch yourself when you fall into negative self-talk and make a conscious effort to change your words into something positive.
- 3. Adjust your physical state...**Your physical state – your posture, breath, and movement – is the key to your emotional state. If you don't feel confident, adjust your body. Straighten your spine and throw your shoulders back. Raise your head high. Smile.
- 4. Surround yourself with supportive people...**It's true that your most important relationship is with yourself, but that doesn't mean allowing negativity into your life. Surround yourself with people who care about you and think the best of you. Use the cardinal rules of love to create healthy relationships that bring positivity to your life, and let go of any relationships that aren't supportive and caring.
- 5. Practice self-care...**Establishing habits of self-care, like eating healthy and exercising can train your brain to think positively. One of the best ways to love yourself is to build a life you love and also to surround yourself with people you love.
- 6. Have fun...**Stress and negativity are enemies of self-love. They can cause you to feel burnt out and alone, and they won't leave any room in your life for learning how to love yourself. That's why it's so important to take the time to create joyful habits and do things that you love.
- 7. Do something you're good at...**Remember: You are talented and amazing. Do you play an instrument, write short stories, or grow the best tomatoes in town? Doing something you're good at reinforces your confidence and shows you how to fall in love with yourself: by appreciating your own skills.
- 8. Give back...**The secret to living is giving. Giving back is the ultimate purpose in life and is also the secret to falling in love with yourself.

Remember, you only have one heart, take loving care of it!