

## AFFORDABLE SELF CARE: 3 WAYS TO BLISS OUT ON A BUDGET

As we enter a new year, many of us may have a unique list of things we would like to accomplish by the next one. Despite our different goals, we all have this in common: The need for self-care. It's something that is necessary for us to thrive and be the best versions of ourselves, and we don't need to break the bank to make it happen. You'll find countless lists of ideas online but for the sake of time, we will introduce three main ones.

**1. Breathing.** It's free. You already do it, and such a good job of it at that. Breathing techniques can allow us to "pull over" and take a moment for ourselves to just be present in the moment.

**2. Gratitude.** This one is also free, and if you've ever thanked someone or patted yourself on the back, you're already a natural. Sometimes, when life brings us hardships, it can be easy to forget all the people and things that bring us joy. Who/what are you grateful for today? Take a moment to think about it, write it down, or maybe even text them a heart emoji.

**3. Audio.** Listening to your favorite pump-up song, podcast, or even an audio book can lift your mood during a low time, even if it's just enough to power through the rest of your day. Try putting together a sunny playlist today for a gloomy day later.

*-Hyatt Almarsoumi, LLMSW*



# SELF-LOVE THROUGH YOUR LOVE LANGUAGE

Love is in the air all February long! Whether you celebrate Valentines or Galentines or everything in between, the pressure is on to tell the ones you love how much they mean to you! While this can be very rewarding, it is easy to get carried away in all the love you can give to others and forget to show that same level of affection to yourself. Within the 5 love languages, there are various ways to give & receive, here are some examples in how you can use your love language to take care of yourself:

## Words of Affirmation

- Practicing Daily Affirmations
- Journaling
- Positive Self-Talk

## Acts of Service

- Healthy Meal Prepping
- Keeping yourself & your environment clean
- Keeping an organized scheduled (including health appts)

## Gifts

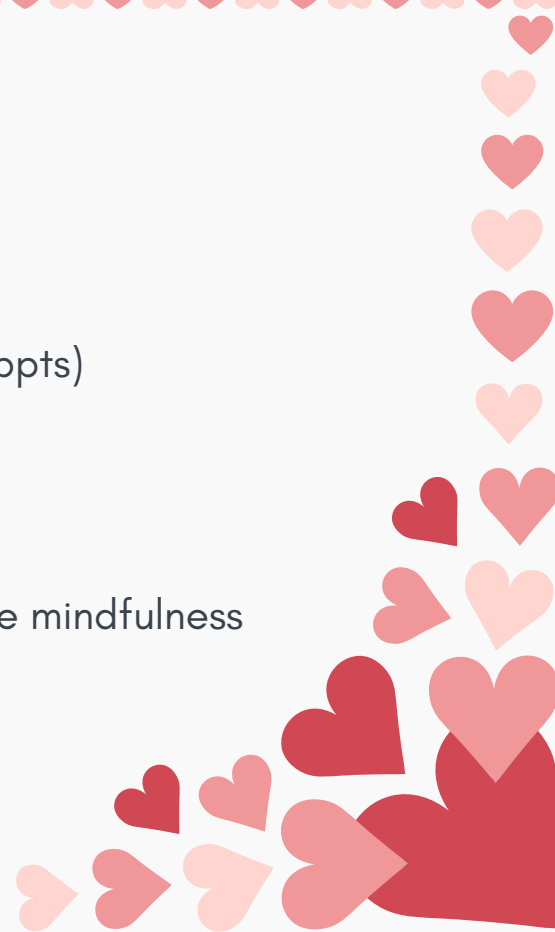
- Gift yourself something you love
- Book an experience on your bucket-list
- Invest in your education or advancement

## Quality Time

- Set aside time for yourself to slow down and practice mindfulness
- Make time for leisure activities or hobbies
- Prioritize sleep and exercise
- Do not overextend yourself

## Physical Touch

- Stretch your muscles
- Warm showers or baths
- Give yourself a spa treatment / moisturize your skin



## Contact Us!

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