



Journey To Love Yourself

Self-love is a deeply political act. Our world conditions us to find flaws and fixate on them, leading us to believe we're not worthy unless we conform to unrealistic standards. And if we do find the courage to love who we are? We're told we're arrogant or obnoxious. You literally can't win. Which means, cultivating self-love, in the face of this, is an act of resistance necessary for survival.



How to start taking care of yourself?

The easiest way to love yourself is to treat yourself like your own BFF. It might seem like it's easier to love others than to love yourself, but it's tough to build healthy relationships if you don't love yourself first. Quite simply, this means you recognize your own self-worth and live your own life as honestly as you can.

