

February

Ways to Love Yourself - Maneras de Amarte

Listen to your favorite music.

Don't put yourself down.

Say "No" when you need to.

Get to know yourself.

Don't compare yourself to others.

Make time for a hobby you're passionate about.

Go to bed early.

Surround yourself with kind people.

Eat something that you like.

Recognize your strengths.

Work towards being the person you want to be.

Ask for help when you need it.

Stand up for yourself.

Exercise in a fun way for you.

Be grateful for what you do have.

Don't deny your feelings. Feel what you need to.

Don't do drugs or harm your body.