



**Silence  
the Shame**

## All About You: A Self-Love Journey

Self-love is all about appreciating who you are and treating yourself with kindness and respect. It means recognizing your worth and taking care of your own needs, both emotionally and physically. When you practice self-love, you boost your confidence, improve your mood, and make better choices for your life. Remember, you're awesome just the way you are!

### Did You Know?!

Negative self-talk can actually change your brain chemistry, leading to feelings of sadness. Positive affirmations can help flip the script and create a healthier mindset!

### Tips for Practicing Self-Love

- !! **Be Positive:** Challenge negative thoughts about yourself. Replace them with affirmations like "I am enough" or "I am worthy."
- !! **Set Boundaries:** Learn to say no! Protect your energy and time by recognizing what's good for you.
- !! **Make Time for You:** Plan fun activities that make you happy, whether it's listening to music, reading, or hanging out with friends.
- !! **Celebrate Small Wins:** Recognize your achievements, no matter how small. Did you finish a homework assignment? That's worth celebrating!

### Activity Zone

Self-love is a journey, and the more you practice it, the easier it gets. You got this!

- ✔ **Gratitude Journal:** Write down three things you love about yourself or three things you're grateful for every day.
- ✔ **Mindfulness or Meditation:** Spend a few minutes each day practicing mindfulness. Focus on your breathing and let go of negative thoughts.
- ✔ **Affirmation Mirror:** Stand in front of a mirror and say positive affirmations out loud. Try to do this daily!
- ✔ **Creative Expression:** Draw, paint, write, or dance! Use your creativity as a way to express yourself and boost your mood.