

SAY YES TO Self Love

Five ways you can show yourself some love

BY AGNES AUI

There's a saying that goes, "Learn to love yourself before loving someone else". Despite how straightforward it may sound, many of us fail to provide sufficient love for ourselves, yet would go all out for those around us. It's not exactly a bad thing, but it's not a good thing either because neglecting self-love could result in severe mental health deterioration, and we don't want that. Which is why for this month of love, we emphasise and share with you five simple ways you can show love to yourself:

Treat yourself

No, we're not talking about endless desserts, as much as we would love to. But we're talking about treating yourself to a book or a walk in the park – something that would help to refresh your mind. If wellness centres are your thing, don't hold back on spending for yourself because a little splurge on facials, nails, hairdos and spas may do you good in months to come.

Have me-time

Having family and friends are great for the most part, as you create memories and moments that you'd look back on and laugh. However, having some time to yourself is equally important to recharge and refresh your mind. Whether you're an extrovert or introvert, everyone benefits from having some alone time. Not only does spending me-time create a loving relationship with yourself but it also helps you reflect and allows you to listen to what you want.

Feed yourself nutrition

One simple way to show love to yourself is through health, which is to consume food with high nutrition. It's no surprise that we feel tired and lazy when consuming junk food; it's our body's way of simply telling us no. But fill your diet up with vegetables, nuts, seed, fruits and more – and watch your day turn productive without you feeling sluggish at the end.

Work hard, play hard

As children, we prioritise play time as it stimulates the brain and keeps the child active. Similarly, as adults we should be doing the same. Many of us neglect play time because we're so busy with work and the general hustling of life, making it harder to allocate time as well. However, hobbies can help incorporate some play time in our lives – like photography, music, dance classes and more.

Self-recognition

Love yourself emotionally by recognising your efforts and appreciating your achievements. Instead of beating yourself down by saying you're not good enough or you could've done more – switch it around by telling yourself you've gotten this far and that you've done well. With constant self-encouragement and validation, you'll find it somewhat easier to accomplish difficult daily tasks.