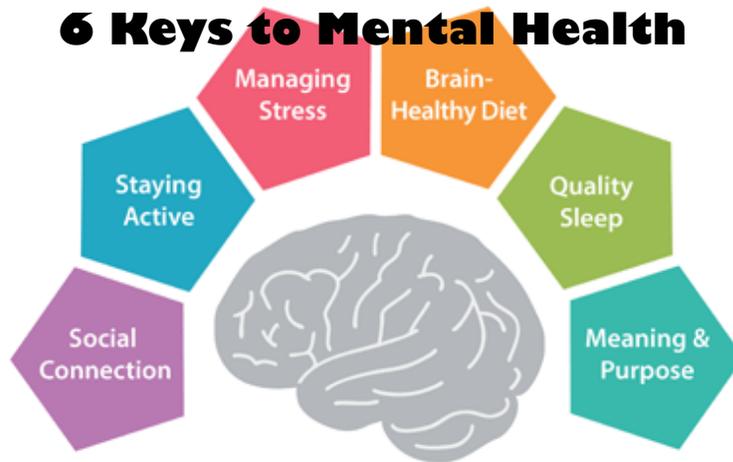


February NUTRITION NEWSLETTER

Appreciate and Love Yourself

Health and wellness goes far beyond physical health. As the month of February is associated with love, it is fitting to turn our attention from your physical wellness (eating, exercising, sleeping, etc.) to focus on your psychological or emotional wellness (high self-esteem, staying optimistic, accepting and understanding one's thoughts, feelings, and behaviors, etc.).

6 Keys to Mental Health



Appreciate and Love Yourself by taking 18 minutes out of your day to watch the following TED talk video from Guy Winch, Ph.D, a licensed psychologist, who makes a compelling case to practice emotional hygiene — taking care of our emotions, our minds, with the same diligence we take care of our bodies: Why we all need to practice emotional first aid.

https://www.ted.com/talks/guy_winch_the_case_for_emotional_hygiene?referrer=playlist-the_logic_of_loving_yourself&language=en#t-5568

“Treat yourself with the same compassion as you would expect from a truly good friend.”



“Love yourself first. The world will follow.”



For more information, please contact:
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LOVE YOURSELF

loveyourselfproject.org

The Love Yourself Project

Healing Our World With Art & Self-love

Participate in the 10,000 Hearts Campaign

"The Love Yourself Project uses a simple yet beautiful medium, the origami heart, to invite people to participate in this thought provoking experience. We ask a simple question: "What do you love about yourself?" We encourage people to inwardly explore and discover what they love about themselves. Through this awareness, the LYP seeks to plant a small seed and spread the consciousness of self-love. Many of us have never been asked this question and in our introspection, we find ourselves examining both self and love.

Make a Heart & Send it to Us! Make your own origami heart telling us what you love about yourself and send it to us at:"

Love Yourself Project
132 Montague Street, Suite 4
Brooklyn, NY 11201

There is a short video on the website that shows you how to create your own origami heart.

<http://www.loveyourselfproject.org/tenthousand-hearts.php>

