

# Self-Care

## VALENTINE'S DAY GUIDE

Whether you're a devoted fan of Valentine's Day, or would rather avoid the hype, we could all use a reminder of how important love really is in our lives.

While many tend to think of romantic love as being the most significant to our emotional health, self-love provides a sense of fulfillment and nourishment that is equally as vital.

Self-care can take the form of any activity that nurtures and refuels you on a deep level. Self-care is really what you make it, and it's different for everyone.

So what better way to spend the holiday of love than by turning it into a Self-Care Valentine's Day celebration for you and your friends!

**Here is how to plan the perfect Valentine's Day to leave you feeling extra loved:**

### Gather your Squad



Humans crave connection so it's important to cultivate positive relationships. Your mood is greatly affected by the emotional state of the people around you, so surround yourself with supportive and loving individuals who make you feel special.

### Set a Date



It's important to take a step back from your responsibilities, and indulging in something that lifts your spirits will give your mind a much needed rest from your usual routine. Plan ahead and make time for some Valentine's Day fun!

### Make a Playlist



Create an upbeat playlist that you can unwind, dance, and sing along to. Exercise, like dancing with your friends, is a natural stress reducer and is proven to decrease symptoms of anxiety and depression, and increase confidence.

### Plan the Menu



Valentine's Day is basically the holiday of chocolate, but it's still important to feed your body wholesome foods. Make your favorite sweet dishes healthier by swapping in substitutes like Greek yogurt, honey, stevia, or coconut sugar.

**Try this Simple Chocolate Mousse!**

### Set the Stage



This is the perfect opportunity to practice self-care with your friends, so take advantage of it and relax!

**Treat yourself to some aromatherapy,**

the practice of inhaling the scent of essential oils to improve wellbeing. Opt for chamomile, which has a calming effect on nerves, soothes tension, and promotes restful sleep, or try clary sage, the scent that calms tensions and induces joy, pleasure, and confidence.

Slow down and really relish in the self-care experience, whichever you choose!

**Make sure you're present to feel refreshed and refueled.**

**When you take care of yourself, you can then serve others on a much higher level.**