

WEEKLY WELLNESS NEWSLETTER

Lucky in Love: Loving Yourself and Others



"YOU CAN'T LOVE SOMEONE ELSE UNTIL YOU LEARN TO LOVE YOURSELF"

Have you ever heard that line before?

What exactly IS self-love? Self-love is a state of appreciation for oneself that grows from actions that supports our physical, psychological and spiritual growth. Self-love is not just acknowledging and appreciating our strengths and what we do well, but it is also acknowledging and appreciating your weaknesses and areas for growth. Self-love is about loving yourself unapologetically and unconditionally. It differs from self-care which is all about mindfully nurturing aspects of your well-being.

"YOUR GREATEST RESPONSIBILITY IS TO LOVE YOURSELF AND KNOW THAT YOU ARE ENOUGH"



LOVING MYSELF

Self-love cannot be obtained through new clothes, a makeover, reading something inspirational, or being in a romantic relationship. Self-love is CULTIVATED through self-compassion and living a life that is filled with intention. Here are some ways you can start cultivating your own self-love:

- 1) Be Mindful.** Being mindful of your own wants, needs, and feelings.
- 2) Practice self-care.** Nourish yourself with healthy activities, like nutrition, exercise, good sleep hygiene, and have healthy social interactions with others.
- 3) Set boundaries.** Sometimes when we want to feel loved by others, we struggle to say "no" or set boundaries, and end up bending over backwards for other people. It's completely okay (and healthy!) to set limits or say no to people or activities that harm you physically, emotionally, and spiritually.
- 4) Forgive yourself.** This one can be TOUGH. It's very easy to be hard on ourselves when we make mistakes, when our grades aren't as high as we hoped, or when relationships fizzle out. Remember that you are only HUMAN and are not perfect. Challenges, disappointments, and failures are opportunities to grow and learn.
- 5) Live by your values.** When we live by our values, we are living with intention. Understanding our values can help us make decisions to support our life goals. Unsure about your values? Try this values quiz! <https://www.think2perform.com/our-approach/values/new>
- 6) Maintain healthy relationships.** Take a look at your relationships with others. Do your friends or romantic partners support you and hope for your happiness and success? If not, you may want to consider opening your social circle to others who are more supportive and appreciative of who you are as a person.



**WANT TO
PRACTICE SELF
LOVE? CHECK OUT
THESE JOURNAL
PROMPTS**



LOVING OTHERS

Creating and maintaining healthy relationships is sometimes easier said than done. Having meaningful relationships may have been particularly challenging this past year due to COVID-19. Here are some ways that you can connect with one another and feel more fulfilled in your friendships and romantic relationships with others:



**STRUGGLING
WITH SELF-LOVE
OR FEELING
ALONE? CONTACT
THE WELLNESS
CENTER!
WELLNESS@URSINUS.EDU**



1) Stop scrolling. It's so easy to find ourselves on our phones when spending time with others. Challenge yourself to put down your phone and do an activity with you friends and partners.

2) Discover your love language. A part of self-love is advocating for your needs and understanding and respecting the needs of others. Knowing your love language will help you understand how you receive love from others.

<https://www.5lovelanguages.com/quizzes/>

3) Be genuinely interested. Do your best to take genuine interest in what your friends and partners are saying and feeling. If they're talking about something you aren't interested in (like sports) ask them a question that could make it more interesting for you (like "What was the best sporting event you ever attended and what made it so great?")

4) Repair Ruptures. Every relationship has it's ups and downs. Recognize when you or the other person is feeling hurt, angry, or unhappy. Take time to apologize and invite conversation on how you can both collaborate together to heal.

5) Do activities together. I know- this one is a little tricky right now! You may not be able to hang out as easily as before, but you can grab a meal together, go for a walk outside, or do a virtual Netflix watch party. It's really easy to stay isolated in our dorm rooms, so taking the time to get up and do something with a loved one can lift your spirits and increase feelings of connection.

6) Let go of self-consciousness. This is easier said than done! Try to step out of your own head and be present in conversations and interactions with others. This fosters genuine connection and empathy.

