

Self-Care & Mental Health

Informational Videos

<https://youtu.be/IYq0h3KgDpY?si=3MezmnftwclAsVq7>

https://youtu.be/EguDLVf5x_U?si=BLtTybGfvclBcpOP

1

Self-love entails establishing healthy boundaries, confidently saying 'no' when necessary, and giving importance to one's needs and well-being, all without feeling guilty.

3

Self-love is the act of nurturing and valuing oneself. It encourages embracing both strengths and weaknesses while making self-care a priority.

2

Engaging in self-love practices can enhance mental health by strengthening your self-esteem, self-confidence, and resilience in the face of challenges.

4

Self-love also encourages self-compassion, wherein individuals treat themselves with kindness and understanding during trying times or when confronted with setbacks.