

- Health self-care

Loving ourselves is healthy

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WE have just had Valentine's Day and perhaps you celebrated with someone special - though the most special person in your life is you.



It is difficult to have vibrant loving relationships with family and friends if we aren't loving and looking after yourself first.

It's no surprise that self-love and looking after our health are important.

Self-love is an integral part of maintaining great physical, mental, and emotional health. It's about creating and nurturing a positive relationship with yourself – valuing your own worth and treating yourself with respect.

As Whitney Houston said in her famous song - loving yourself is the greatest love of all - but what does that mean?

Self-love isn't about selfishness or narcissism, it's about recognising our own worth, treating ourselves with kindness and respect, and valuing our own happiness and well-being. Self-love is an essential part of cultivating love with others. Self-love can be described as a set of attitudes, behaviours and beliefs that we have towards ourselves. Self-love is about being kind to yourself, understanding your own needs and giving yourself the respect you deserve.

When we don't practice self-love or look after our health properly, it can lead to mental health issues such as depression and anxiety, as well as physical health problems.

Self-love can help to create greater self-awareness and a better understanding of ourselves, leading to healthier relationships with our body, mind and soul.

Self-love means taking care of our physical body by eating nutritious food, exercising regularly, getting enough sleep and managing stress levels.

It also means treating ourselves with kindness and respect. Self-love means being gentle and compassionate towards ourselves.

It means not comparing ourselves to others, and instead accepting our unique gifts and talents.

Self-love is key to leading a healthy lifestyle and maintaining strong relationships with family and friends.

So take some time for self-love today – your body, mind and soul will thank you for it.

Here are some ways to build motivation into your healthy habits:

1. Make it fun – try a new recipe or do a new workout;
2. Make it part of your routine – park farther away from your destination, take the stairs, go for a lunchtime walk outside;
3. Create a journal – document your progress: what did you do today that was great? What are you planning to do tomorrow?;
4. Build a solid support and accountability circle – find a supportive friend or group that will keep you moving forward;
5. Motivate somebody else – motivating others is incredibly motivating for you;
6. Start the day off right – when you start your morning with a healthy meal or workout, it can set the tone for the entire day.

At times you need a cheerleader and guidance to the best way to look after yourself.

This is what we specialise in at the NE Naturopathic Group. Call (03) 5798 3344 to make an appointment with Christos, Tayla or Zoe.