

# BODY IMAGE

## > WHY IS SELF-LOVE IMPORTANT?

To love yourself means to accept yourself exactly the way you are. It means you have self-respect, a positive self-image and unconditional self-acceptance. These things are all important to live a healthy and happy life.



## MIND



Your mind needs to be fed just like your body does. Try doing simple mind exercises to keep you brain sharp. Learn about new things that are interesting to you or simply play a card game. Exercising your mind could help prevent diseases such as Alzheimer's and Dementia.

Exercising regularly and maintaining a healthy diet are important for living a healthy life. Also remember to get plenty of rest for your body to recuperate. Don't push yourself too hard because everybody's bodies are different; find a routine that works for you.

## BODY



## SPIRIT



Your life needs balance, along with exercising your body and mind, try to find activities that fulfill you personally. Meditation, playing music or going for a bike ride are all things that could help you achieve this.

## > BEING YOUR BEST YOU

**FOCUS** on your strengths instead of focusing on your weaknesses

**SELF-EVALUATE** yourself, instead of letting others do it for you

**QUESTION** standards before accepting them

**DO ACTIVITIES** that you enjoy, regardless of what others think

## Get Involved!

Join a Self Love group, or volunteer to spread a positive message to others.

*Check out:* [Madlyinlovewithme.com](http://Madlyinlovewithme.com)



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([www.gvsu.edu/counsel](http://www.gvsu.edu/counsel))





SELF-LOVE

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