



S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

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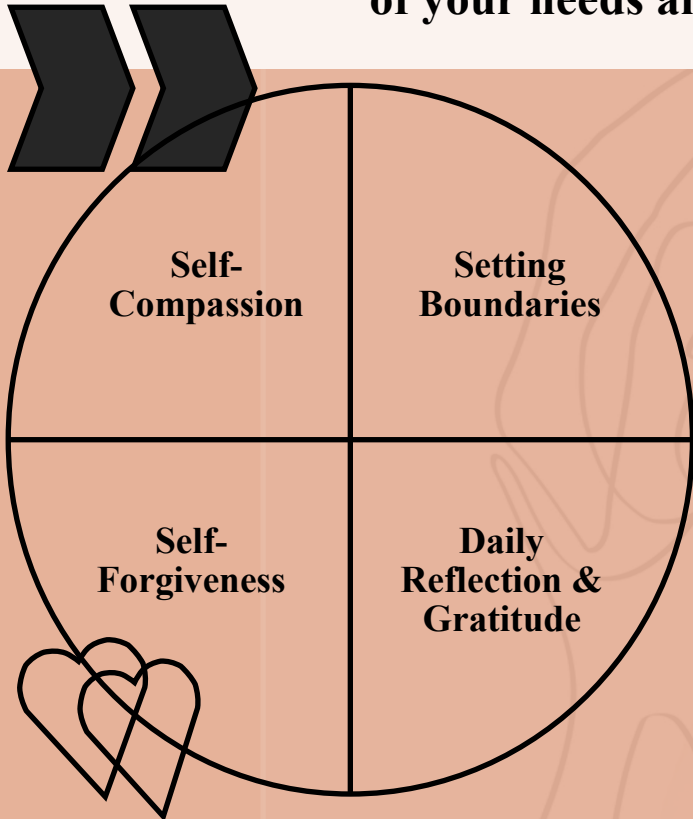
Mental Health & Self Love

Self-Love:

Having regard for our own well-being and contentment (APA, 2023).

What Self-Love Is Not:

Some critics think self-love is a modern concept and is merely self-indulgence. They view self-love as excessively focusing on yourself and akin to narcissism. But self-love is not about having a grandiose sense of self or being puffed up with self-importance. Self-love means taking care of your needs and recognizing that you have value.



Love Toward Others	Self-Love
Spending time with friends and family.	Setting boundaries, regarding time, with yourself and others to decrease stress and anxiety.
Spending money on a vacation for Spring Break.	Asking peers to help chip in and/or asking for them to pay upfront to avoid financial distress.
Volunteering your time to help friends set up a date/party.	“Thank you so much for thinking of me! Unfortunately, I am unable to do this right now.”
Buying family/friends/sig others gifts for holidays or special events.	Investing time and money into your own well-being in lieu of tending to others’ needs before your own.

“We teach others how to love us, so why not start loving ourselves?”

Easy Ways to Show Self-Love

- Be authentic with your plans. If you want to stay home and rest, go for it!
- Daily Positive Affirmations and gratitude about yourself and your day.
- Choose yourself (values, authenticity) over other people.

New Ways to Connect!

Togetherall is a safe, online community to share feelings anonymously and get support to improve mental health and wellbeing. In the community people support each other, safely monitored by licensed and registered mental health practitioners.
www.togetherall.com



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