

## **Love YOU this Valentine's Day**

### **Simple Ways to Take Care of Yourself**

**Cook a healthy meal** - Nourish your body with delicious and healthy food. Enjoy the meal solo or with a loved one. Your body will thank you for taking care of it.

**Take some quiet time** - Grab a good book or magazine and a warm beverage, or simply "be" with your thoughts. Silence and solitude can really help with internal self-reflection and are also needed in today's over-stimulating time.

**Take yourself on a date** - Think about your favourite things to do and take yourself out on a date! Maybe you'll head to a coffee shop, check out a movie, enjoy a yoga class, or go shopping. Show yourself some love!

**Pamper yourself** - If it's in the budget, book a massage with a professional therapist - massage therapy has all kinds of health benefits. If you're staying in, give yourself a pedicure or a face mask. Or, if you're with a loved one, a simple back rub or foot rub can be truly pampering.

**Get outside** - Head to your closest hiking or walking trail, or your local park. Use the time to relax and breathe. Just being in nature can be incredibly soothing. If you're with a partner, getting outside in the quiet of nature can be the perfect foundation for intimate conversation.

**Talk about it** - Take this opportunity to seek out professional help or counselling support, if needed. Take care of your mental health by speaking with a professional who can truly help. The support can be life-changing. You do not have to do this alone.