

The Importance of Self-Love: Nurturing Our Spirit

Self-love means accepting ourselves with compassion, without judgment, and showing kindness to our whole selves. It's about prioritizing our well-being and fostering a positive relationship with who we are today. Practicing self-love is about embracing our whole being - mind, body, and spirit - and recognizing our inherent worth as individuals and as part of our rich cultural heritage.

Consider using daily affirmations that promote self-love and work as regular reminders of our Native magic and beauty. A daily affirmation is a positive statement or phrase that individuals repeat to themselves regularly, often each day, to promote self-empowerment, confidence, and a positive mindset. These affirmations can help challenge and overcome negative thoughts, reinforce self-worth, and encourage personal growth. They can be tailored to address specific goals, challenges, or aspirations, making them a powerful tool for cultivating resilience and self-love.

Remember, self-love is not selfish. By taking care of ourselves, we become better able to care for our families and communities. As we nurture our own spirits, we honor the wisdom of our ancestors and strengthen our ability to pass on our traditions to future generations.

If you're struggling, reach out to a trusted elder, community member, or mental health professional. Embrace your journey of self-love this month and beyond. You are worthy of love and respect.



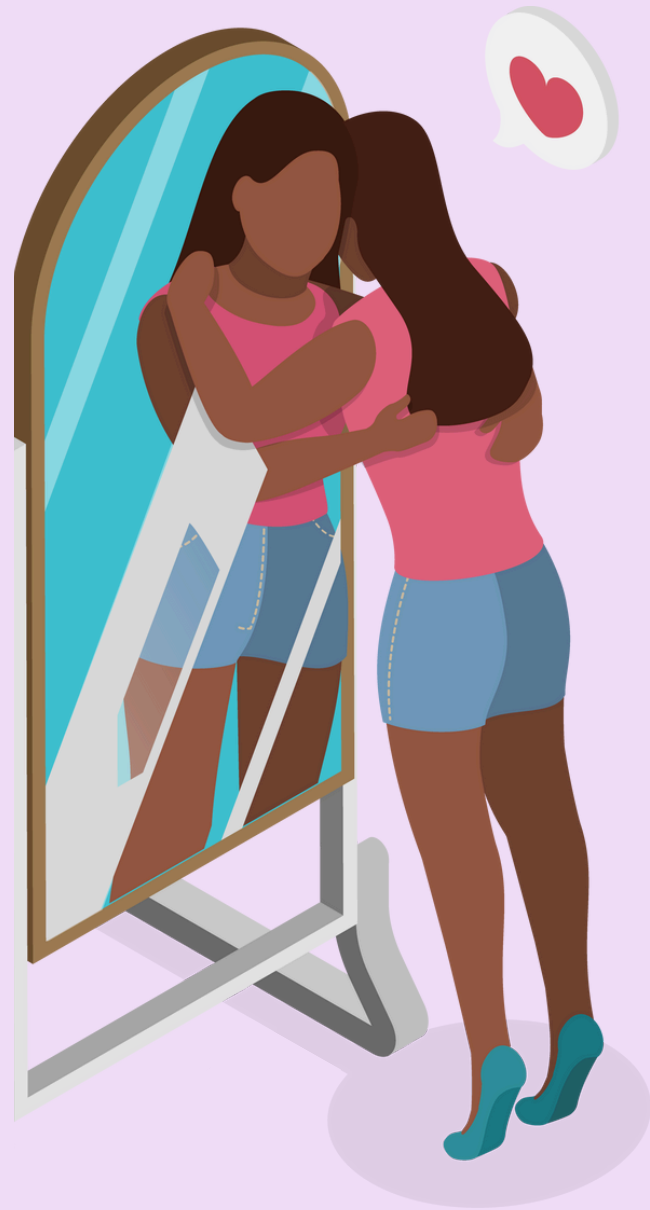
Asking for help is ok!

For confidential support from anywhere in the U.S., **call or text "988" to ask for help from the 988 Suicide and Crisis Lifeline.** Available 24/7

For Relatives living in Nebraska:

All Nations Crisis Textline

Text "Support" to 33464 to chat with an All Nations team member. Seven days a week from 8am-Midnight



Tips for Practicing Self-Love:

- ♥ Connect with traditional teachings and practices
- ♥ Spend time in nature, honoring our connection to the land
- ♥ Engage in activities that bring you joy and peace
- ♥ Set healthy boundaries in relationships
- ♥ Speak kindly to yourself, as you would to a friend
- ♥ Practice gratitude for your unique gifts and strengths

Sources:

<https://sokaogonchippewa.com/selflovemonth/>
<https://www.mentalhealth.com/tools/science-of-affirmations>