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4411 Washington Ave. Suite 300
Evansville, IN 47714
812-479-1916

Written by:
Brittney Cameron, IWS MSW
Intern

<https://www.tatlerasia.com/power-purpose/ideas-education/ph-self-care-five-love-languages>

Knowing your Self-Love Language

Self-love allows us to be vulnerable and unafraid to reach out for help. Self-love isn't just important, it's essential. ... When we love ourselves, we can set healthy boundaries and make healthy choices for ourselves. The way we feel about ourselves affects every interaction we have and every decision we make.

Knowing your self-care language is so important if you want to improve your relationship with yourself," adds Nathalie Sommer. "Your mind and your body pick up on your thoughts and how you treat yourself. The more you introduce kind and loving acts to yourself, the more integrity and trust you will gain with yourself.

5 Love Languages

Affirmation

- Positive self-talk
- Daily affirmations
- Journaling
- Self-improvements

Physical Touch

- Massages
- Soft blankets
- Spa days
- Long bath/showers
- Exercise

Acts of Service

- Therapy
- Cleaning
- Delegating
- Organizing
- Scheduling
- Planners

Time

- Meditation
- Reading
- Relaxing
- Going out alone
- Time spent on your hobbies and doing things you love

Gifts

- Going out
- Vacations
- Craft supplies
- Makeup
- Clothes
- Investing in yourself