



Be Your Own Valentine

*By Stephanie Drag, MA, LAC
Director of School and Family Services, Children's Aid
and Family Services*

For many people, self-love is a concept that is hard to grasp, a challenge, or something that is not often thought about or given time to. It is one of those things that people say we should have and do but often don't know how to achieve it.

Before we are able to practice self-love, we first need to be able to define it. According to the Brain & Behavior Research Foundation, "Self-love is a state of appreciation for oneself that grows from actions that support our physical, psychological and spiritual growth. Self-love means having a high regard for your own well-being and happiness. Self-love means taking care of your own needs and not sacrificing your well-being to please others. Self-love means not settling for less than you deserve."

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Very often, self-love is framed as a noun but in reality it is an action with choices and a process. That means the practice of self-love will look different for everyone. Figuring out what self-love looks like for you as an important journey and supports your overall wellness.

There are several different ways to show yourself love. Start by trying something from the list below.

Self-Love Starters	Self-Care for Self-Love	Self-Love Practices
<ul style="list-style-type: none">• Talking to and about yourself with love• Prioritizing yourself• Giving yourself a break from self-judgement• Trusting yourself• Being true to yourself• Setting healthy boundaries• Forgiving yourself	<ul style="list-style-type: none">• Listen to your body• Take breaks and move/stretch.• Put the phone down and connect to yourself or others• Do something creative.• Eat healthy, but sometimes indulge in your favorite foods.	<ul style="list-style-type: none">• Becoming mindful. (see Mindfulness section for a self-love meditation)• Practicing good self-care.• Making room for healthy habits.

Self-love is about acceptance of who you are and honoring this by putting your physical, emotional, and spiritual -self first. By doing this, you hold yourself in high esteem and are more likely to choose things that nurture your well-being such as eating healthy, exercising, or healthy relationships. Through this journey remember to be kind, patient, and compassionate with yourself, the way you would with anyone that you care about.

Focus on Health: Managing Skin Health as You Age

As people age skin losses elasticity and becomes thinner causing it to lose water easier. Thankfully, the right skin care practices can improve the way skin looks and feels.

1. Bath Time: Reducing the time one bathes can alleviate dry, itchy skin

- Use warm (not hot) water, as hot water can strip the skin of natural oils
- Pat water gently from skin after bathing, leaving a small amount of water on skin. The presence of some water on your skin when moisturizing can help with hydrating.

2. Use a Humidifier: Heating and air conditioning can strip humidity from the air

- Keep indoor humidity between 45% and 60% to lessen dryness and irritation

3. Eliminate Fragrance Use: Fragrance, such as in perfumes and colognes, can cause skin irritation

- Look for products that are labeled “fragrance free” or “without perfume” rather than unscented products. Unscented products can still cause irritation because they may contain “masking agent” chemicals that cover up the smell of ingredients.

Please consult with your physician before practicing these suggested methods for skin care.

Activity Center



Famous Firsts Vocabulary

Complete the activity.

- _____ First African American to play in the major leagues in the modern era
- _____ First African American to win a Nobel Peace Prize - for mediating the Arab-Israeli truce
- _____ First African American to publish a book - Poems on Various Subjects, Religious and Moral
- _____ First African American millionaire - invented black hair care products
- _____ First African American Supreme Court Justice
- _____ First African American with his own network radio show - The Nat King Cole Show
- _____ First African American student to attend the University of Mississippi
- _____ First African American to go into space
- _____ First African American to be on a U.S. postage stamp
- _____ First African American to serve in the United States Senate

Thurgood Marshall
James Meredith
Jackie Robinson
Ralph J. Bunche

Phillis Wheatley
Hiram Revels
Guion Bluford

Booker T. Washington
Nat King Cole
Madame C .J. Walker

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Answer on back page.

Trivia Time!

Who Said That?

A good quote inspires you in the moment. A great quote echoes for years to come. Can you identify who said the quote below?

“Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.”

Answer on back page.



Sharing Circle

What is a goal for 2021?

A goal of mine is to declutter my house and only keep the things that make me happy – Ellen



We want to hear from you for next month's issue!

What major historical events affected you most?

Email your answer to Bridget Souza at bsouza@cafsnj.org or call 201-740-7011.

Mindfulness: Meditation for Self- Love

Make yourself comfortable. If you are lying down, feel the connection between the back of your body and the mat. If you are seated, lengthen up through your spine, broaden through your collarbones, and let your hands rest on your thighs (palms facing either up or down).

Close your eyes or soften your gaze and tune into your breath. Notice your breath, without trying to change it. And notice also if you feel tense or relaxed, without trying to change that either.

Inhale through your nose and then exhale through your mouth. Place both hands over your heart and continue to inhale through your nose and exhale through your mouth. Ask yourself: How does it feel to place my hands over this tender area, this place where I experience love for self and others?

Let your breath become more smooth and effortless and begin to breathe in and out through your nose. Continue to focus on your breath. On each inhale, think "I am worthy," and on each exhale, "I am enough." Let each inhale draw in self-love and each exhale release what is no longer serving you. Take a few minutes to breathe and recite this mantra internally. Notice how you feel as you say these words to yourself.

Now visualize yourself standing in front of a mirror, and look into your own eyes. Tell yourself: "I love you," "You are beautiful," and "You are worthy of happiness."

Imagine now that you could breathe into your heart and visualize love pouring out of your hands and into your heart. Let this love warm and permeate you from your heart center, filling the rest of your body.

Allow a sensation of warmth to fill you from head to toe. Breathe here and know that love is always available for you when you need it.

When you're ready, take a few more deep, mindful breaths and then softly open your eyes. Sit for a few moments to acknowledge the unique experience you had during this meditation. Refer back to this practice, or any other resource you may have, whenever you need to create a loving space for yourself.

Source: <https://yogainternational.com/article/view/guided-meditation-for-self-love>

Contact Us

To learn more, submit a response, or ask a question you can contact us at:

Bridget Souza: bsouza@cafsnj.org

Terrina Baldwin: tbaldwin@cafsnj.org

Celebrating Seniors Online

<https://www.tcadr.org/celebratingseniors>

www.tcadr.org  @TCADR  @TCADR

ACTIVITY ANSWER:

1. Jackie Robinson
2. Ralph Bunche
3. Phillis Wheatley
4. Madame C. J. Walker
5. Thurgood Marshall
6. Nat King Cole
7. James Meredith
8. Guion Bluford
9. Booker T. Washington
10. Hiram Revels

TRIVIA ANSWER:

Harriet Tubman

Resource Spotlight

As the weather grows colder and the winter storms begin, the possibility of losing heat can be a scary reality for many people. When temperatures drop below freezing, and conditions pose a threat to individuals without access to heat, a network of agencies throughout New Jersey help people obtain warmth and shelter (if needed). Very often, this happens through the opening of warming centers. Many public libraries, shopping centers and senior activity centers serve as Warming Centers during business hours. Counties also set up warming centers for individuals who may need heat overnight.

If you are looking for a warming center during a "Code Blue" do one of the following:

1. text NJCODEBLUE to 898-211
2. go to <https://www.nj211.org/njcodeblue>
3. Dial 2-1-1 or 877-652-1148

**If you or a loved one needs help
accessing addiction services
and support...**

Call or Text: 201-589-2976

**Confidential hotline services available
24/7 to serve Bergen County**

 **THE CENTER**
FOR ALCOHOL AND DRUG RESOURCES
A Program of Children's Aid and Family Services