Appreciate and Love Yourself

As registered dietitians, the group of us who create this monthly newsletter have a penchant to focus on providing you encouraging tips for healthy eating, interesting food and nutrition facts, and the occasional recipe that can be prepared with only a mug and the microwave in your room. However, in this month associated with love, we thought it was befitting to turn our attention from your physical wellness (eating, exercising, sleeping, etc.) to focus on your psychological or emotional wellness (high self-esteem, staying optimistic, accepting and understanding one’s thoughts, feelings, and behaviors, etc.).

**Appreciate and Love Yourself** by taking 18 minutes out of your day to watch the following TED talk video from Guy Winch, Ph.D, a licensed psychologist, who makes a compelling case to practice emotional hygiene — taking care of our emotions, our minds, with the same diligence we take care of our bodies: Why we all need to practice emotional first aid

https://www.ted.com/talks/guy_winch_the_case_for_emotional_hygiene?referrer=playlist-the_logic_of_loving_yourself&language=en#t-5568

“Treat yourself with the same compassion as you would expect from a truly good friend.”

“Love yourself first. The world will follow.”

For additional support regarding psychological and emotional wellness, please reach out to the Counseling Center or EAT (Eating Awareness Team) on campus at 535-2461.

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mindful.sodexo.com/
Participate in the 10,000 Hearts Campaign

http://www.loveyourselfproject.org/tenthousand-hearts.php

The Love Yourself Project uses a simple yet beautiful medium, the origami heart, to invite people to participate in this thought provoking experience. We ask a simple question: “What do you love about yourself?” We encourage people to inwardly explore and discover what they love about themselves. Through this awareness, the LYP seeks to plant a small seed and spread the consciousness of self-love. Many of us have never been asked this question and in our introspection, we find ourselves examining both self and love.

Make a Heart & Send it to Us! Make your own origami heart telling us what you love about yourself and send it to us at:

Love Yourself Project
132 Montague Street, Suite 4
Brooklyn, NY 11201

Join us on February 26 at 12 pm at Prospect Hall to make an origami heart.