

## The greatest love of all . . .

February is the month of love, a time to reflect on how much we love those special people in our lives. It's important to remember to include yourself in that list.

Loving and caring for yourself is not selfish. If most of our actions and decisions are motivated by what we think we should do or by what others tell us we're supposed to do, then we honor others over ourselves. This leads to feelings of dissatisfaction and resentment.

Giving to others without giving to yourself is like pouring water from a vessel. You pour and pour and eventually you run dry. But when we refill our vessel, we recharge, re-energize, and replenish ourselves so that we will have continued energy and love to give to others. How do we begin to do this?

- Nourish and care for your body
- Be aware of your self-talk: speak to yourself in ways that are more kind and less critical
- Catch yourself doing something well
- Practice positive affirmations

So love yourself. Treat yourself well. Replenish yourself. You will discover that the more you love yourself, the more you will be able to give love to others, and the more others will want to be around you and give back to you. This is a win-win situation.

According to the song written by Michael Masser and Linda Creed, "The greatest love of all / Is easy to achieve / Learning to love yourself / It is the greatest love of all." If you would like to talk with someone, EASE is available at 1-800-882-1341.



*"Strength is the courage...to reach out!"*