

Hello all and Welcome to Wellness Wednesday!!

Did you know that February is International Boost Your Self-Esteem Month? This is an annual event dedicated to improving self-esteem among people across the globe. In today's world it is easy to constantly compare ourselves to others. TikTok, Instagram, Facebook all have 'influencers' that are only sharing the best parts of themselves and their lives on social media. This in turn is making the "Regular Joe" feel less than enough and resulting in lowered self-esteem. It is important that you take a step back from comparing yourself to others. Here are a few self-esteem building ideas:

- Don't deflect compliments – accept them!
- Use positive affirmations
- Set a goal and work towards it
- Exercise
- Practice mindful thinking

A healthy, balanced level of self-esteem is often the key to success and a better, happier, and more fulfilled life.



Welcome to Wellness Wednesday!

Fun fact: Every year the week of February 17th is National Random Acts of Kindness Week, with February 17th being the actual day. As I was trying to figure out what I was going to write about, I sat and watched quite a few people drop items off at the blessing box outside my window. I was trying to think of all the grand acts of kindness that I could suggest, meanwhile it was there right in front of my nose. Acts of kindness don't have to be huge; the smallest gesture can mean the world to someone.

“No act of kindness, no matter how small, is ever wasted.” – Aesop

KINDNESS

Pass it on!

Give a flower Eat lunch with someone new
Listen with your heart Visit a sick friend
Clean a neighbor's walk Offer a hug
Give an unexpected gift Make a new friend
Pick up litter Say "hello" Call a lonely person
Open a door Help carry a load Plant a tree
Pass a kindness on Buy someone's meal
Cheer up a friend Thank a teacher Give blood
Read to a child Do one kind act every day
Leave a thank you note Offer your seat
Tip generously BE TOLERANT Let another go first
Bake cookies for emergency workers Tutor a student
Give a compliment Pay the next driver's toll
Lend a hand Give a balloon to a child
Offer a ride Celebrate the day Respect others
Encourage a child Walk a dog Do a favor
Forgive mistakes Drive courteously Share a smile