



Monthly Newsletter



Practicing Self-Love Through our Love Languages



Often when we hear of love languages, we automatically think of how we like to receive and give love to others. But the journey doesn't stop there. During the month of Love, we dive into the practice of strengthening the relationship that we have with ourselves. Here's a way of understanding our love language, so we have an easy guide to help us practice our self-care needs. Need a quick way to know where to start? Find your love language by clicking [Here](#).



PHYSICAL TOUCH

This language values physical interaction. The focus is all about the body. Someone that appreciates this love language may enjoy routines related to skincare, exercise, yoga, soaking in a hot bath, using hot/cold compresses, giving yourself a scalp massage, or simply switching to comfy bed sheets.

WORDS OF AFFIRMATION

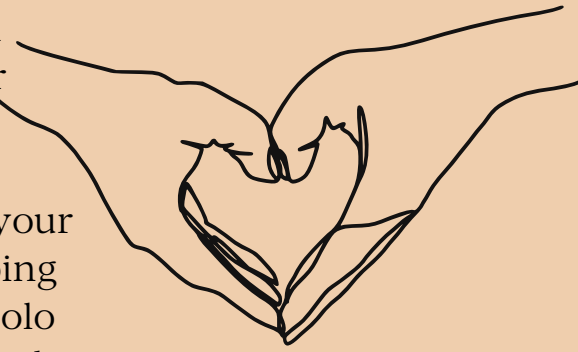
Those who value words of affirmation are those who appreciate compliments and small tokens of appreciation. Some ideas you may benefit from includes writing yourself a love letter, keeping daily affirmations as a background saver for your phone, replacing negative talks with positive talks, and speaking those affirmations out loud.

ACTS OF SERVICE

If actions speak louder than words, then you probably value this language. Acts of Services as a love language may appreciate organization/cleaning your space, checking off a task on your to-do list, volunteering, challenging yourself to try something new (i.e cooking), or scheduling your health/wellness appointments in advance.

Love to receive gifts or appreciate small gestures? Then this love language may fit your needs. This love language doesn't need expenses to make it enjoyable. Small gestures of this love language can include buying yourself/ picking flowers, stating a DIY project, ordering your favorite food, or gifting yourself an experience (i.e a city tour, or trying a new class)

Quality Time appreciates the attention and time that you set apart for yourself. A love language we can all tend to appreciate in our busy lives. Some helpful practices can include meditation, listening to your favorite artist/album, going to the movies, taking a solo trip, painting a picture and being honest by telling ourselves what we need to hear.



OTHER NEWS



La Vida Counseling, PLLC offers sessions at a discounted Intern Rate to Clients! Our upcoming Intern works with a variety of virtual and in-person openings, so please reach out to admin@lavidacounseling.com or 980-202-2288 to be placed on the wait-list. Each Intern has their own special skills and strengths that allow for a diverse Team. Some of the strengths are valuing culture sensitivity, trauma informed care, staying up to date on current research, weekly supervision, greater flexibility, group leadership skills, and confidence working with a wide variety of individuals and conditions. To read more about why you should choose an Intern please visit <https://lavidacounseling.com/about.html>