

# FEBRUARY 2025

## National Chocolate Day

February 9th

Did you know dark chocolate can help:

- Protect your nervous system!
- Boost your mood!
- Reduce blood pressure!
- Guard against some toxins!
- Lower insulin resistance!
- Reduce your risk of cardiovascular disease!



You yourself, as much as anybody in the entire universe, deserve your love and affection.

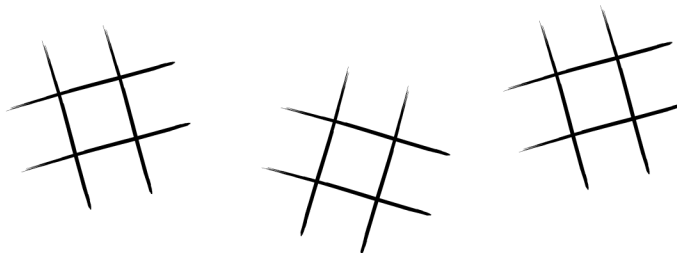


- Buddha

## International Boost Self-Esteem Month

*self-es-teem: confidence in one's own worth or abilities; self respect.*

Challenge someone to a few games of Tic-tac-toe.



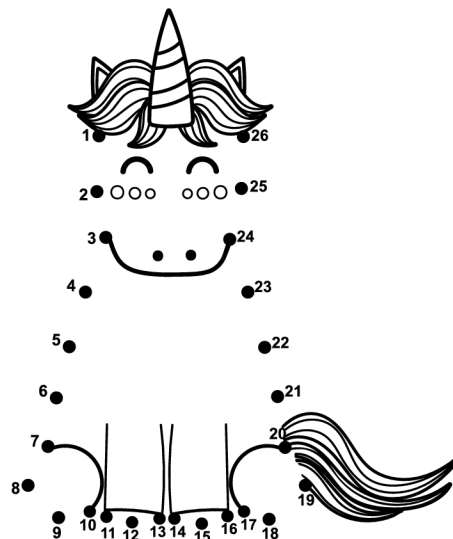
## What is the difference between Self-Esteem and Self-Acceptance?

### Self-Esteem

- Self-Evaluation
- Comparisons needed
- Contingent on circumstances
- Fragile
- Mixed effects on well-being

### Self-acceptance

- Relating to the self
- No comparisons needed
- Contingent on circumstances
- Secure
- Positive effects on well-being



## 10 ways to help build your self-esteem

1. Get to know yourself.
2. Replace self-deprecating thoughts.
3. Work on your flaws.
4. Stop comparing yourself to others.
5. Do things that build confidence.
6. Create affirmations.
7. Read self-help books.
8. Set goals for yourself.
9. Give yourself credit where it's due.
10. Talk to a professional.













85% OF THE WORLDS POPULATION IS THOUGHT TO BE AFFECTED BY LOW SELF ESTEEM

MONTHLY MENTAL HEALTH GOAL: \_\_\_\_\_



# FEBRUARY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	 3	4 Start working on a Puzzle	5 <b>Breaking the Stigma</b> <a href="https://www.talkspace.com/blog/breaking-therapy-stigma/">https://www.talkspace.com/blog/breaking-therapy-stigma/</a>	 6 <b>National Time to Talk Day</b>	7 Start Reading a New Book	8
9	10 <b>Build Mental Resilience</b> <a href="https://www.talkspace.com/blog/how-to-build-mental-resilience/">https://www.talkspace.com/blog/how-to-build-mental-resilience/</a>	11 <b>National Latte Day</b> 	12 	13 <b>National Self-Love Day</b>	14 <b>HAPPY VALENTINE'S DAY</b> 	15
16	 17 <b>National Random Acts of Kindness Day</b>	18 	19 <b>Guilt Complex</b> <a href="https://www.talkspace.com/blog/guilt-complex/">https://www.talkspace.com/blog/guilt-complex/</a>	20 Go on a Long Walk	21  <b>National No One Eats Alone Day</b>	22
<b>National Eating Disorder Awareness Week</b>						
23	24 <b>Improve Mental Health</b> <a href="https://www.talkspace.com/blog/4-ways-to-improve-mental-health-in-2024/">https://www.talkspace.com/blog/4-ways-to-improve-mental-health-in-2024/</a>	25 Start a Gratitude Journal	26 <b>Anxiety Test</b> <a href="https://www.talkspace.com/assessments/anxiety-test">https://www.talkspace.com/assessments/anxiety-test</a>	27 	28 <b>National Pancake Day</b> 	

MONTHLY MENTAL HEALTH GOAL: \_\_\_\_\_

\_\_\_\_\_

