

# Show Your L.❤️.V.E

*for yourself*

**Self-love and well-being are ongoing processes, and it's essential to prioritize your mental, emotional, and physical health throughout your journey.**

## **Prioritize Self-Care:**

Allocate time for activities that bring you joy and relaxation. This can include activities such as reading, taking a warm bath, going for a walk, or engaging in a hobby. Engage in the [30-day Self-Care Challenge Activities](#) to kick start, restart, or refresh your self-care journey.

## **Mindfulness and Meditation:**

Incorporate mindfulness and meditation practices with [Viva Insights on Microsoft Teams](#) into your routine. These activities can help you stay present, reduce stress, and enhance your overall mental well-being.

## **Seek Support:**

Don't hesitate to reach out to friends, family, or a professional for support when needed through the [USG EAP Services](#). Building a strong support network can be crucial for maintaining well-being.

## **Learn and Grow:**

Embrace opportunities for professional and personal growth as well as learning through [LinkedIn Learning](#). Whether it's acquiring a new skill, taking up a hobby, or pursuing further education, continuous learning contributes to a sense of fulfillment.

## **Healthy Lifestyle Choices:**

Explore the [GTHR Monthly Tip Sheet](#), delving into a variety of well-being topics and national themes, all centered around the essential 8 dimensions of wellness. These elements play a pivotal role in influencing overall well-being.

