



# **BE YOUR OWN LUCKY CHARM!**

## **A GUIDE TO SELF LOVE & SELF CARE**

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# CHECK IN & ICE BREAKER

How are you feeling today?

What are you hoping to get out of this workshop?

# DEFINITIONS TO GET STARTED

Terms we need to define before we move forward so that we are all on the same page! :)

- **Self-esteem** - refers to how you feel about yourself both inside and out and what you think about yourself
  - Could be positive or negative
- **Self care** - activities you do to take care of yourself
  - Different types of self care
- **Self love** - understanding, accepting, and appreciating yourself for who you are ❤️

# HEALTHY SELF-ESTEEM

- consistently valuing who you are,
- feeling positive about your identity,
- having realistic expectations of yourself, and
- acting in ways that demonstrate self-respect
- and align with your own values

# IMPORTANCE OF HEALTHY SELF-ESTEEM

- Learning to believe in your own worth and accept who you are.
- By understanding this you can learn to be more kind to yourself, and be open to trying new skills.
  - Being able to maintain realistic expectations of themselves and others.
  - Feel deserving of respect and they extend the same level of respect to others.
- Oftentimes, we look at those around us for external validation to help improve our self-esteem, when really, we can (and should) look to internally for that validation, acceptance, and approval.

# INTENTIONAL COMMUNITY BUILDING

## GETTING TO KNOW ONE ANOTHER & BEING VULNERABLE

Being honest about your personal experiences can be difficult to do, but in hearing one another's experiences, we are better equipped to empathize and learn from other's experiences.



## THE IMPORTANCE: WE ALL NEED COMMUNITY

Social support and community is **so important** for all of us! Community gives you a sense of belonging, a greater sense of purpose, and helps you understand the strength and beauty of your community!



# WHAT DOES SELF LOVE AND SELF CARE LOOK LIKE?

## SELF LOVE

Self love is accepting and understanding yourself for who you are. This looks like not being so hard on yourself, challenging negative thoughts, not conspiring yourself to others, and knowing you're always growing and learning! Learning that you are on your path, and you are doing the best you can.



## SELF CARE

Self care are the actions you take in order to care for yourself. Self care can refer to various areas of our lives, and can be a variety of activities like journaling, meditating, spending time alone, showering, pampering yourself with face masks, and relaxing.



# OUR EXPERIENCES WITH SELF LOVE AND SELF CARE

## MARISOL

Sharing my experience with beauty expectations and the media!

## ANA MARIA

Sharing my experience with imposter syndrome in college!



# THANK YOU!

Any questions? :)

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