



YOUR SELF-LOVE KIT



Save the Children®



LOVE IS TAKING GOOD CARE OF YOURSELF

This year, spreading love on Valentine's Day feels more important than ever before.

Maybe you'll be sending sweet treats or helping little hands sign cards for classmates. But how will you put *yourself* on your Valentine's list this year?

We've come up with some wonderful ways to fill up on the self-love you deserve — on Valentine's Day and every day.

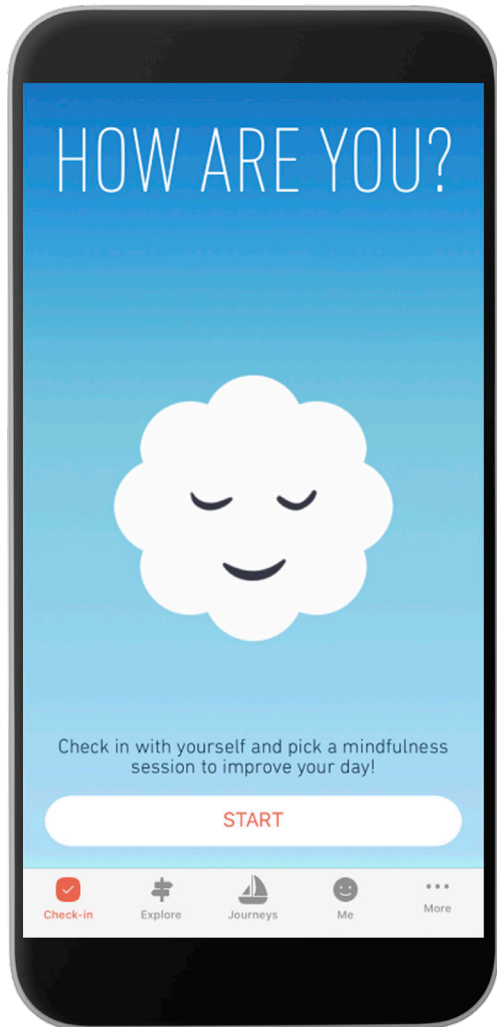
Here's your complete kit for self-care, packed with a variety of mindfulness tools ... gifts we all need to give ourselves often!



START YOUR MINDFULNESS JOURNEY WITH MYLIFE™

*With a personalized mindfulness solution tailored
to how you're feeling right now.*





Your emotions change. That's why MyLife™ offers a personalized mindfulness solution based on how you feel. Once you check in with your emotions, the app lets you enjoy a customized experience from over 400 activities, each one is about 10 minutes or less. MyLife™ delivers exactly what you need — because it always starts with **you**.

But don't take it from us - here's what the amazing founders had to say:

At MyLife™, we believe that building healthy habits can be joyful, accessible, and intimately personal. It's not about being perfect or an end destination, but rather building confidence to handle whatever comes your way. It's our mission to offer kids and adults the tools to do just that.

Building confidence begins with self-care, and learning to be more compassionate and gentle with yourself has never been more timely and relevant. We are thrilled to partner with Save the Children to create the Self-Love Essentials kit this Valentine's Day. We are excited to offer this in-app program to the wider Save the Children community and by doing so, help to spread more peace and resilience around the world.

— Jamie Price and Julie Campistron, Co-Founders

To thank you for the love you share with Save the Children, we're offering you a two-month trial to the MyLife™ app — a \$20 value! Just use promo code **selflovekitstc**.

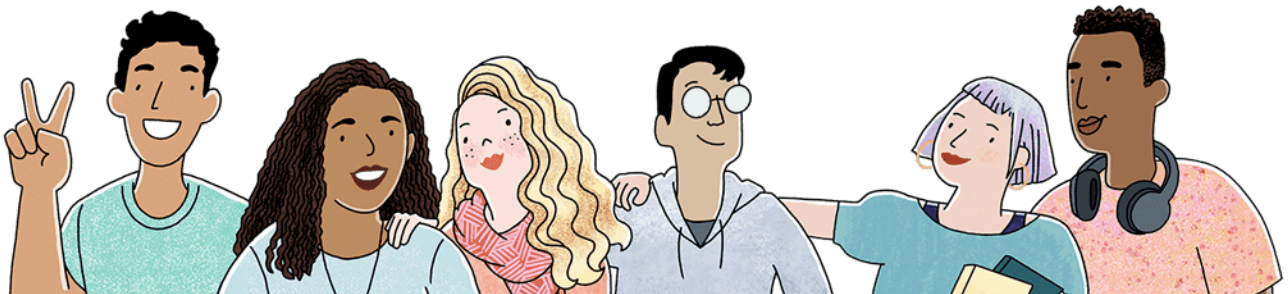
Learn more about MyLife™ [here](#).

[Click here](#) to redeem your offer today!

Redeem by 4/30/2021

Will require a credit card and monthly renewal post trial

**FREE TWO-MONTH TRIAL —
JUST FOR YOU**



BREATHE OUT STRESS, BREATHE IN LOVE

Show yourself some love with these stress busters



FLOWER AND CANDLE

Repeat this simple exercise a few times to encourage relaxation through deep breathing.

- Pretend you have a flower in one hand and a candle in the other.
- Breathe in slowly through your nose as you smell the flower, then breathe out slowly through your mouth as you blow out the candle.



LAZY CAT

This exercise releases muscle tension with a nice big stretch.

- Pretend you're a lazy cat that just woke up from a lovely, long nap.
- Have a big yawn and meow.
- Now stretch out your arms, legs and back — slowly like a cat — and relax.



DIY MAGIC STRESS BALLS

Stress balls are a fun way to reduce stress and release built-up tension in your hands.

- Make your own stress balls by filling balloons with dry lentils or rice.
- Experiment with squeezing and releasing the ball whatever way you like.
- You can even use red and pink balloons for your child to give as homemade Valentine's Day gifts for hardworking teachers!



CREATE A MEDITATION SPACE — JUST FOR YOU

A quiet spot in your home is the perfect retreat for some self-love.

Don't have a whole room to take over? No problem! Even a small space can be devoted to clearing your mind.

Transform a corner with a few things that make you happy. A comfy chair or pillow, your favorite blanket and a photo or scented candle can bring calm vibes to any spot.

[Get inspired with these stunning meditation spaces.](#)

Not sure how to start meditation, or just want to enjoy being guided through a stress-relieving exercise?

MyLife™ will walk you through your personalized meditation practice, relieving stress and boosting your mood. [Redeem your free 2-month trial today!](#)



PUT YOUR LOVE ON PAPER

Whether you're a writer, scribbler, doodler or maker of lists, journaling is a powerful way to reflect on the day behind and refuel for what's ahead.

Not all journaling needs to begin with a blank page. To get you started, we've created a printable workbook to feed your creativity and boost your self-love.

INSPIRATION

Places I find inspiration:

People who inspire me:

SELF-LOVE

Three things I like about myself that aren't related to the way I look are:

How do I practice the same love and kindness to myself I give to others?

This week I will make a point to show self-love by _____ at least once.



YOUR SKIN NEEDS LOVE, TOO!

Here's an easy recipe for a customizable body scrub that will leave your skin feeling smooth, soft and healthy. Spa pampering at home!

SCENTED SEA SALT SCRUB

Ingredients

- 1 cup finely ground sea salt*
- ¼ cup of oil (olive, avocado or almond work well)
- 10-20 drops of your favorite essential oils

Instructions

1. Mix sea salt and oil until well combined
2. Add in essential oils until your desired scent is achieved
3. Store in a sealed jar in a cool location until ready to use
4. When using: scoop out desired amount and scrub onto clean, damp skin. Wash off completely
5. Gently towel dry; moisturize with body oil to give your skin the ultimate in softness

Notes

You can use a variety of sea salts, including Dead Sea salt, Himalayan sea salt or even Epsom salt. Choose your favorite and treat yourself to a salt scrub 2 to 3 times a week!

Customize this recipe even more by adding in 1 Tbsp coffee grounds or herbs like lavender or chamomile. Enjoy!

Recipe adapted fr. Davida Laderle at [The Healthy Maven](#)

SHOW YOUR BODY SOME LOVE THROUGH MOVEMENT

One of the best ways to love yourself is to move every day. Short yoga sequences like this warrior II pose have been helping people move better — and feel better — for centuries.

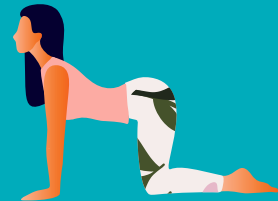
Try it out, adapting poses as needed to suit your comfort level. Your body will love you!



CAT POSE



DOWNWARD FACING DOG



COW POSE



WARRIOR I POSE

"I move, therefore I am."

— Haruki Murakami



BIG TOE POSE



WARRIOR II POSE



UPWARD FACING DOG



BOAT POSE

COLOR FOR STRESS RELIEF

Not just for kids!

Coloring can have the same effect as meditating by reducing restless thoughts, allowing your mind to get some rest after a busy day.

Print these pages and let your pencils or crayons take over when you need to unwind.









Show yourself some love more often.
You deserve it.

We hope this Self-Love Kit
will help.



Save the Children®

