

THE MOST IMPORTANT RELATIONSHIP
IS THE ONE I HAVE WITH MYSELF

Loving myself means ...



being proud of who I am!

College of Humanities Student Support Services
Email: chum.studentsupport@ukzn.ac.za



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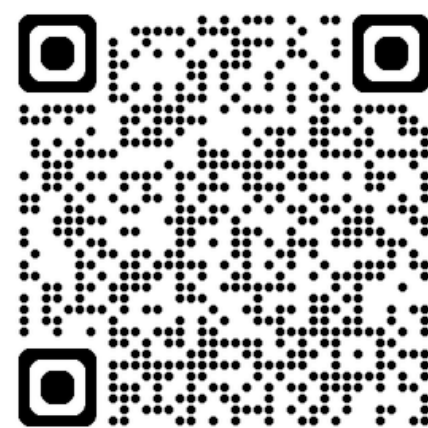
Reminder

Loving myself means
being kind to myself

Accept

OK

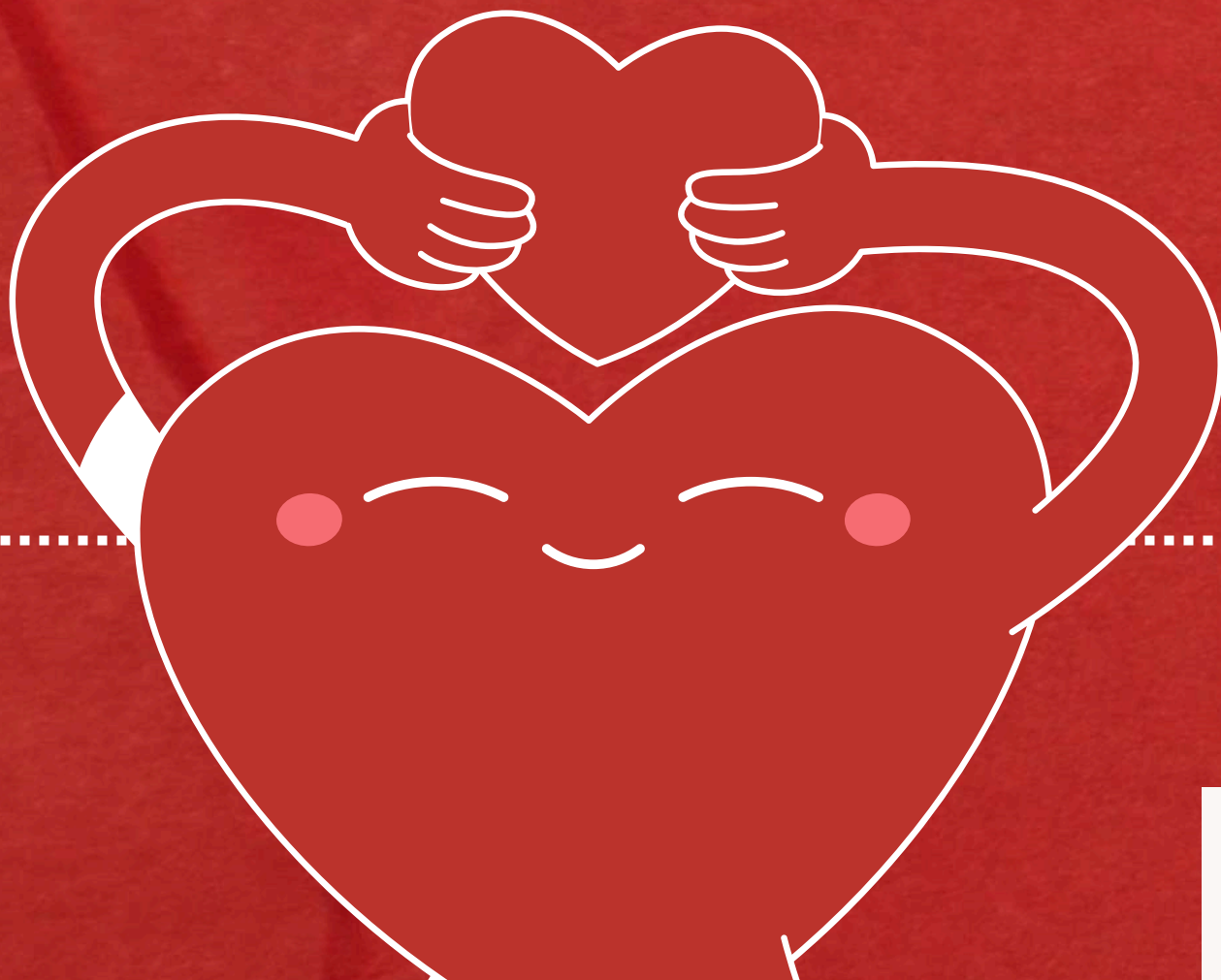
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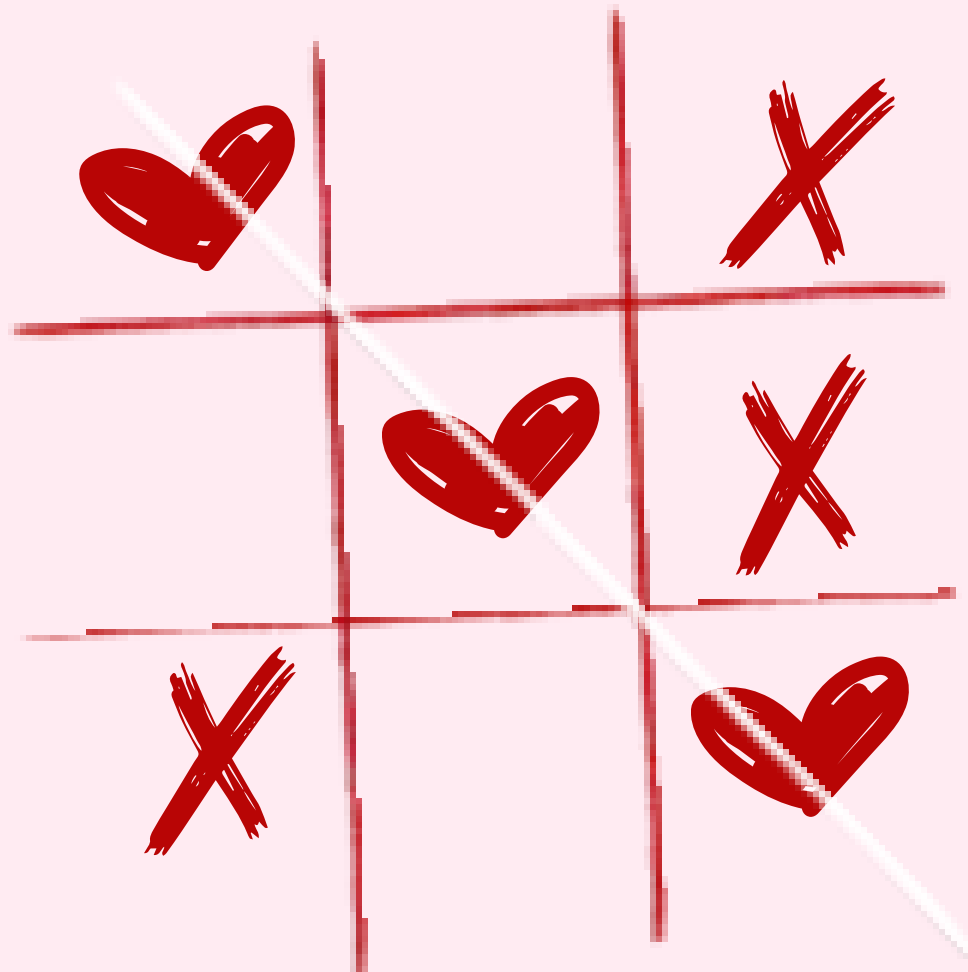
RESPECTING MY BODY



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The most important relationship is
the one I have with myself



Loving Myself Means...

trying my best and accepting my failures as learning experiences



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Reminder!

**LOVING MYSELF MEANS...
ENGAGING IN ACTIVITIES
THAT NURTURE MY
GROWTH AND WELL-BEING**

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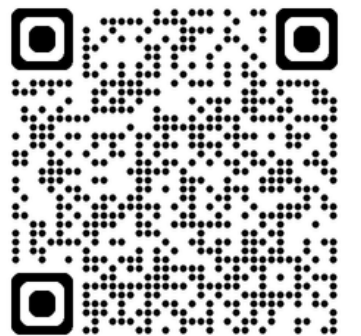
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COLLEGE OF HUMANITIES:
STUDENT SUPPORT
SERVICES

LOVING MYSELF
MEANS...

BEING KIND TO MYSELF



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