February is the month of love Self love <3

Try these 5 tips to improve your self love habits!

- 1. Set up a list of non-negotiables
- 2. Support your body & mind with stress relieving supplements
- 3. Ask for help & take it when its offered
 - 4. Always find a 'me' moment
 - 5. Above all, find the silver lining & get enough shut eye