Self-love and Self-soothing Resources  February 2024

1. Positively Present: The Six Essentials for Cultivating Self-love
2. Heal Your Nervous System: What is Sensory Overload, and How Can I Manage it...
3. Psych Central: What is Self-love and Why Is It So Important?
4. Neurodivergent Insights: How to Build a Sensory Self-soothing Kit for Adults with Sensory Sensitivities
5. Psych Central: 10 Self-Soothing Methods to Help You Find Balance
6. The Health Sessions: Why You Need a Coping Box and How to Create Your Own
7. Wonder Mind: 11 Ways to Practice Self-love that Therapists Swear By
8. YouTube: TED talk on The Person You Really Need to Marry
11. Self-Love Rainbow: Self-love Wheel and Components
12. Parade: 125 Self-love Quotes...
13. Sumeeta Seeks: 41 Powerful Self-love Mantras to Embrace Your Worth