



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](#)
9. Ness Labs: [The Science of Self-love: the Evidence-based Benefits of Loving Yourself](#)
10. Musings from the Moon: [25 Self-Love Journal Prompts](#)
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](#)