



The Knight's Table

★ Social Emotional Awareness Leadership ★

Est-2019



Love Yourself First Self-Compassion and Self-Care

They say love is in the air during February. This love is meant to be spread to others and especially to ourselves. Loving ourselves allows us to love others more fully. The stronger the love inside of us, the more we can share it!

It is important to love ourselves from the inside out. One of the ways we can respect and love ourselves is by practicing good self-care, both mentally and physically. We need to remember to care for ourselves as well as others. Without strong mental or physical health, we can't effectively help others. Physical hygiene is key to self-love. Not only does maintaining good hygiene boost our physical appearance and confidence, but it also protects us. Being clean and taking care of yourself can protect you from disease and infection. It's easier to get sick without regular hygiene! However, cleanliness isn't the only aspect of self-care. We must also ensure we're eating right. Unhealthy eating can damage our bodies. Along with eating healthy, we need to exercise. Exercise keeps us fit and in shape, which is important because being out of shape can hurt us both physically and mentally.

According to SNHU.edu, "Improved physical health: Engaging in activities like regular exercise, getting enough sleep, and eating nutritious meals can enhance your physical health, boost your energy levels, and strengthen your immune system." These practices help us stay healthy and love taking care of ourselves!

We can love ourselves mentally in many ways. Some people journal, while others meditate. These are great examples, but it doesn't have to be complicated. Working ourselves up to such practices is one way to show love to our bodies. We can start with simple things, such as looking in the mirror and naming a good thing about ourselves. These daily affirmations can boost our confidence and provide many health benefits later on. According to PositivePsychology.com, "Self-affirmations have been shown to decrease health-deteriorating stress." Stress can cause many health issues, and by caring for ourselves mentally, we can reduce the amount of stress we experience. Once you feel comfortable, you can start doing things that push you out of your comfort zone. According to Harvard.edu, "Giving yourself agency: Finally, by stepping outside your comfort zone often, you'll learn more about yourself and gain more control over how you want your life to look and what you want to do with it." This shows that having mental stability can improve your ability to take control of your life. Doing simple things like meeting new people and trying new foods are good ways to start. If you want to take it a notch further, you can try taking a cold shower. To work yourself up to that level, start with a hot shower and then do a cold-water rinse-off. These techniques help show love to our minds, bodies, and lives!

In conclusion, we should love ourselves mentally and physically. We can achieve better health by showing love to our bodies. So, keep up the hygiene and show love!

-Micah Jones



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Embracing Individuality on Valentine's Day

Valentine's Day is often seen as a time to express your true love to someone special. However, consider this scenario: you don't have a Valentine, or the person you want to ask already has a Valentine or isn't interested. Is that really important?

On Valentine's Day, it's natural to not want to be left alone. However, in life, you don't always get what you want. Sometimes, you may find yourself alone. When Valentine's Day comes around, don't let your first thought be, "I need to find a Valentine ASAP." In reality, you don't. It is perfectly fine to be by yourself on Valentine's Day. It is not mandatory to have a Valentine.

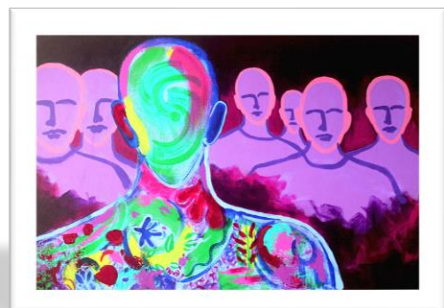
Sometimes, we should learn to embrace individuality, and in this case, embrace being alone on Valentine's Day.

Being an individual can be a good thing. There may be times when being with someone brings trouble, and you're better off alone. Even if people tease you for not having a Valentine, ignore them. Remember the message, "Embrace Individuality," whenever you feel lonely because you don't have a Valentine.

Lastly, never feel pressured on Valentine's Day because you don't have a Valentine. Go out into the world, be yourself, and don't get upset when people make fun of you for not having a Valentine. Just be yourself, and act like any other day. Feeling pressured will only make you anxious, but embracing individuality and not feeling pressured on Valentine's Day is important.

Celebrate the day by being true to yourself and recognizing that your value is not determined by whether you have a Valentine. Embrace your uniqueness and enjoy the day for what it is—a chance to show love and kindness, starting with yourself.

-Ruixiang Cheng





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Self-Love Revolution: Embracing Your Flaws

What is self love? Self love means valuing yourself and knowing your worth. Many people including myself may or might have had a hard time seeing their worth. It doesn't matter what other people think or say about you. It's important to love yourself, from your head to your toes, and from your brain to your heart. Every part of yourself is beautiful, and it's important to remind yourself of that. Don't let others judge you for being yourself and find people who value you for your true self.

It's important to love every part of your body, because it builds confidence. Whether it's hairy legs or acne, it's still your body and there's nothing to be ashamed of. It's also natural to have flaws because not everyone is perfect, even if it seems like it. There are always imperfections because no one is perfect, but that doesn't make you or anyone else any less beautiful. Instead embrace your imperfections and think of it as a way of being unique or standing out from others.

It's also essential to keep your head held high and never let people look down on you. Many people often say hurtful things like "ew she/he's too fat/skinny", but the reality is, there is nothing wrong with that. People who say those things will never be satisfied with you, whether you lose or gain weight or try to change any part of yourself to please them. It's important to accept and love yourself, by not letting others define who you are or what you can or cannot do.

By letting others walk over you, you lower self esteem and boost entertainment for others, so keep walking and ignore any hate comments because everyone is perfectly imperfect and there's nothing they can do to change that.

Just because you and everyone else should love who they are, it still doesn't mean you can use that as an excuse for not taking care of your body and being unhygienic. By loving yourself, you can also set goals to work harder and strive to be the best version of yourself. This means hanging out with good people, taking care of your body, and occasionally taking yourself out for a small treat. These small things are all healthy signs of happiness and self love, by being able to tell yourself once in a while "I did good, and I deserve a little something nice." Whether it's taking a spa day, or hanging out with friends, it's always most important to just take care of yourself and be happy.

Additionally, the affirmation calendars posted in the school forum have positive quotes for each day. If you are exploring new ways to love yourself or work on embracing your flaws, try reading the affirmation of the day to yourself in the mirror, before heading to school so you feel ready and confident.

To conclude, it's essential to always love yourself and embrace your flaws. Your legs allow you to sprint, your arms allow you to reach, your core gives you strength, and your face gives smiles. By loving our body and everything it does for us everyday, we can also help to teach others to do the same.

-Katie Chan

Flawsome

(adj.) an individual who embraces their "flaws" and knows they're awesome regardless.



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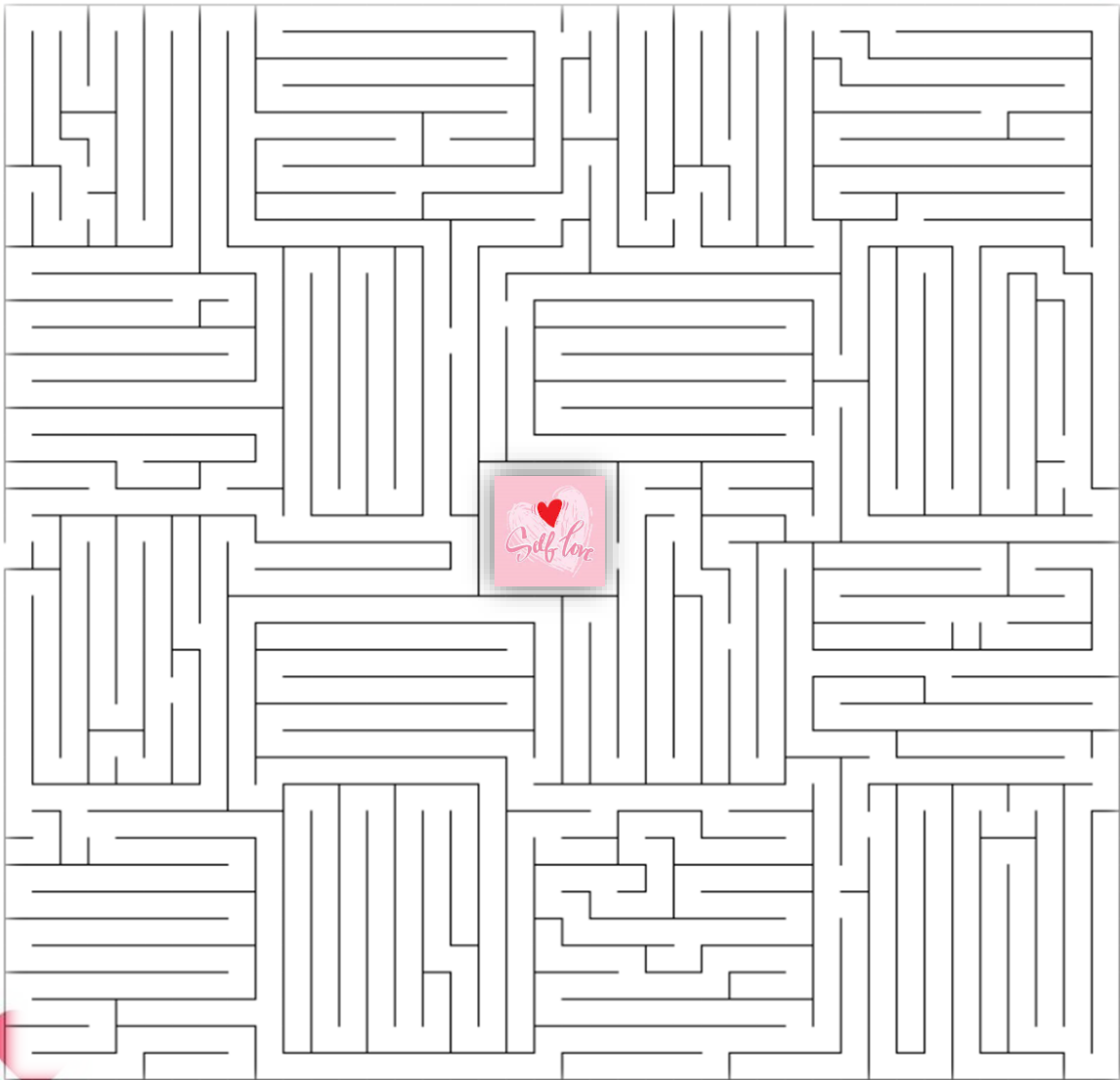


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**NAVIGATE LIFE WITH SELF-LOVE:
YOUR INNER COMPASS TO HAPPINESS**



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