



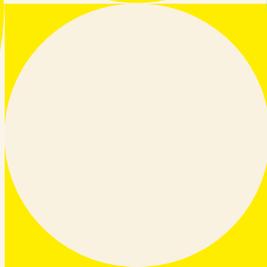
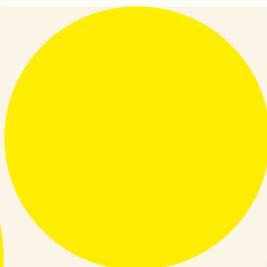
Show Your Heart (and Mind)

Some Love This Valentine's Day



Valentine's Day is often seen as a celebration of love and a chance to show appreciation to the people around us - sometimes with romantic gestures, and often with gifts. But it can also be a timely reminder to extend those same gestures of care, kindness, and attention to the person who needs them just as much: you. And with February marking Heart Month, it's the perfect opportunity to think about how we look after our hearts, our bodies, and our overall wellbeing.

Self-care isn't an indulgence or being selfish. It's about maintaining the foundations that help us feel well, function efficiently, and show up fully – both at work and in life.





What does self-care really mean?

Self-care doesn't have to mean expensive spa retreats and pampering sessions. In reality, it's made up of small, everyday choices that support our physical and mental health. Things such as getting enough rest, moving regularly, managing stress, and taking breaks when needed all play an important role in keeping our hearts and minds healthy.

When our work and personal lives get busy, self-care is often the first thing that we let slip. Over time, this can affect our energy levels, concentration, mood, and even our physical health. Valentine's Day is a great opportunity to check in with yourself and ask: what do I need more of right now?



Be kind to yourself

Valentine's Day can sometimes come along with pressure and social expectation, especially if it feels like everyone else has got it figured out. A crucial part of self-care includes practicing self-compassion. Being kind to yourself when things feel hard, recognising effort rather than just outcome, and letting go of unrealistic expectations can all support better mental wellbeing.

If you've been feeling tired, overwhelmed, or out of balance, that's not a personal failing – it's often a sign that your body and mind need attention. Listening to yourself and responding with care is one of the most important things that you can do.

A Valentine's message to yourself

This Valentine's Day, consider making yourself part of the celebration. Looking after your heart and body is one of the most meaningful investments you make, not just for now, but for the long term.

A little self-care, a little kindness, and a treat or two can go a long way.



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Treat yourself – without guilt

Showing yourself some love can also be simple and enjoyable. You don't need to overspend or overindulge to do so – it can be anything that brings you comfort, joy, or relaxation, such as:

- Setting aside time for hobbies that you really enjoy
- Switching off after work
- Cooking a nice meal for yourself
- Catching up with old friends
- Listening to your favourite album

These moments, no matter how small, matter. They help to recharge us, reduce our stress levels, and remind us that wellbeing is all about balance, not restriction.

