# e-Lingua

**Academy of Language Studies**
**UiTM Cawangan Pulau Pinang**

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# Self love First

# Let's love ourselves

## a little more each day!

Those who know me personally would know that I am such a huge fan of anything that has to do with 'self-love'. If we don't love ourselves, who would? Let's love ourselves a little more each day because love holds so much power. Each individual gives and receives love in different ways. Hence, the definition of love varies from one person to another. In my opinion, loving myself means prioritising myself, taking good care of myself, and doing what I love. Now, ask yourself, how do you show love towards yourself? Recently, I found these tips on social media as I was scrolling. I quickly screenshotted and listed them down to check whether I can tick the list. You can try it too!

## Oxytocin

- ✅ Pet your cat/ dog (I do this every day!)
- Give someone a hug.
- ✅ Cook for a loved one (maybe once or twice a week).
- Hold hands.

## Serotonin

- Get some sunshine (I wish I could do this more often).
- Go for a walk (I prefer night walk or treadmill on my lazy day).
- Practise meditation.
- Do some cardio exercises.

## Dopamine

- ✅ Listen to upbeat music (I love listening to music especially when driving).
- ✅ Get a good night's sleep (Oh yes, definitely!)
- ✅ Eat a sweet treat (This is a MUST because I have a sweet tooth).
- Complete a small task (I am a big fan of to-do list & I can't live without my planner).

## Endorphins

- ✅ Do some exercises (Not the high intensity ones but I joined aerial yoga class a few months ago and still on it!)
- ✅ Burn essential oil (LOVE, LOVE, LOVE! I do this every single night with different scents).
- Eat dark chocolate.
- ✅ Watch some comedy show

By Nur Ilianis Adnan