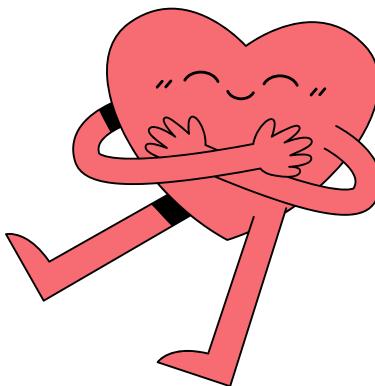


LOVE YOURSELF

Self-love means treating yourself with the same kindness and respect that you would give to a good friend. It's about believing you deserve care, compassion, and opportunities to grow. Loving yourself doesn't mean thinking you're perfect—it means recognizing your value even when you face challenges.



[Follow for more resources!](#)

"Free Your Feels" is a mental health awareness campaign encouraging Georgia's young people to explore their real **feelings** and **free** them fearlessly.

@freeyourfeelsga



RESOURCES

Click the links for online resources



[Click here for poetry](#)



Poetry allows you to express emotions authentically, transform pain into art, and reclaim your voice in a deeply personal way. Atlanta teens at VOX ATL were invited to create poetry about self-affirmation. Click to see what they have to say.



[Click here for yoga](#)



Movement supports self-love by helping you appreciate what your body can do rather than just how it looks, boosting confidence and gratitude. Click the link for Yoga with Ramoni on YouTube.



[Click here for the 988 website](#)



988 is the Suicide & Crisis Lifeline, offering free 24/7 support for mental health emergencies.

THINKING CRITICALLY

Sometimes when you're the only one, or one of a few, in a class, club, or program, it can feel like you don't fully belong. That feeling isn't about you not being good enough - it often comes from the fact that not everyone has always had the same chances to be in those spaces.

Doubting yourself (what people call "imposter syndrome") doesn't mean you lack ability. It usually means you're carrying the weight of being in places where people like you haven't always been represented.

Your presence matters. Every time you step into those spaces, you're showing what's possible - for yourself and for others who will follow.

When self-doubt creeps in, remember your strengths and the hard work that got you here. You do belong. You've earned your opportunities, and your voice and perspective bring something important that no one else can.

You're not alone in this, and by showing up as yourself, you're helping open doors for others too!

ACTIVITY

Affirmations help create self-love because they train your mind to replace negative self-talk with kinder, empowering messages. Don't know how to start? Stand in front of the mirror and try reciting the following affirmations or use these as a guide to create your own.

I am enough just as I am.

I trust my abilities and my decisions.

I am proud of my efforts, not just my outcomes.

I speak to myself with kindness and respect.

I deserve love, care, and happiness.

I celebrate what makes me unique.

I can learn and grow from mistakes.

I surround myself with people who uplift and support me.

I honor my feelings and take time for self-care.

I am worthy of every opportunity and every good thing in life.

