

OUR INSPIRATIONAL ONLINE PROJECT

MODERN 
SELF-LOVE
CAMPAIGN

2025
YEAR 5 OF SELF LOVE

Thank you to
all our
participants!

This is a program of the Mental Health
Association in Atlantic County in collaboration
with United by Wellness Center

Self Love

by Ashleigh Zappala



My self-love is my 2025 vision board, full of plans and hopes for the year!

I can tell you what love is not, but I can also tell you what love is...

You may hear the words reverberate through your mind that
love is a fairytale or a tall tale.

Love is something that is a feeling through your soul.

Perhaps its an emotion that no one can deny,

It may come off as an infectious smile, or perhaps something deeply rooted inside.

Love can be chaotic at times, or maybe it is laughter through a galling wind.

So maybe; its deep, ferocious, or maybe calling it for what it is!

Love can be conquering a foe, Rehearsing a lost tale through your heart,

Sometimes it's not what it's cracked up to be,

however how passionate it may come to be,

Never mind the fleeting moment cascading in the wind

for I finally know what love is,

Maybe I may ponder at this for quite some time,

Maybe not perhaps I can get to the point sometime,

Despite what you may say or do! Love is Jesus!

Its those late nights that may catch you off guard,

In the dimness of light its Him for who He stands for within your life,

No matter what surprises you, remember love combined in totality

is sacrificial in nature that's what love is!

-Chantele Olivo



SELF-LOVE

GABRIELLE CARLAMERE



MY JOURNEY TOWARDS SELF-LOVE HAS BEEN FILLED WITH BOTH CHALLENGES AND TRIUMPHS, BUT I ALWAYS STRIVE TO ACKNOWLEDGE THE PROGRESS I HAVE MADE. UNDERSTANDING THAT MY YOUNGER SELF DESERVES LOVE, RESPECT, AND KINDNESS INSPIRES ME TO NURTURE MY CURRENT SELF. EACH DAY PRESENTS A NEW OPPORTUNITY FOR GROWTH AND THE CHANCE TO PURSUE MY CHILDHOOD DREAMS.



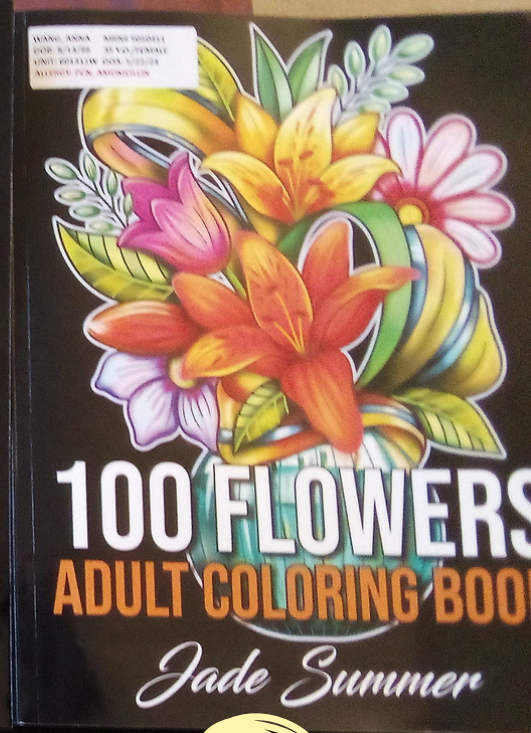
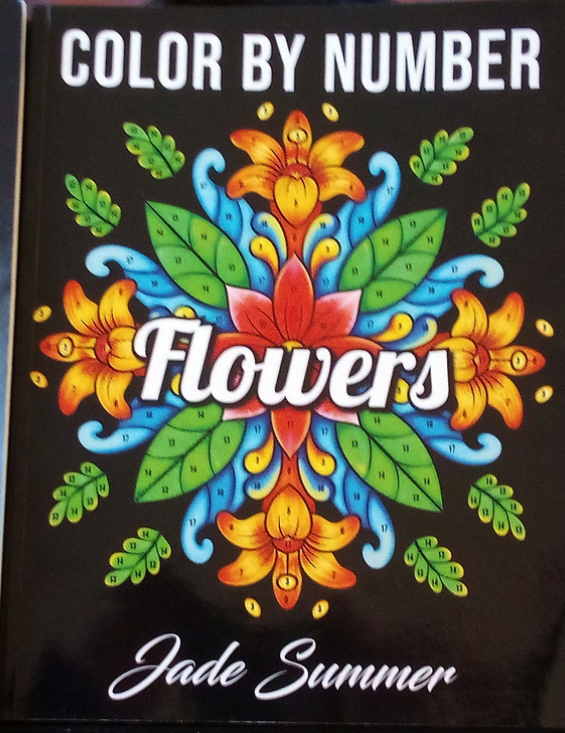
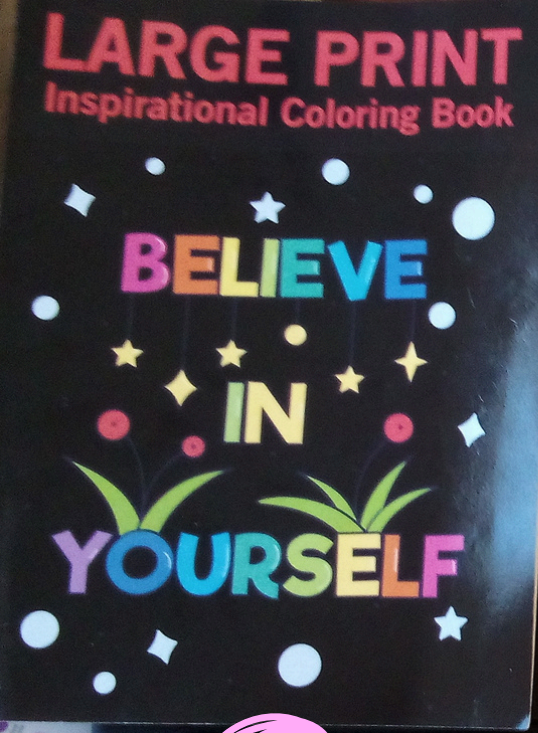
i think self love
has been
difficult for a lot
of people to get
a hold on
because we live
in a world that
is constantly
giving us reasons
to hate
ourselves.

my biggest blocks when it comes to
loving myself are my mental health
issues, sexuality & gender identity.

yet, everyday, I
continue to fight
against a world that
relentlessly tries to
put me down.

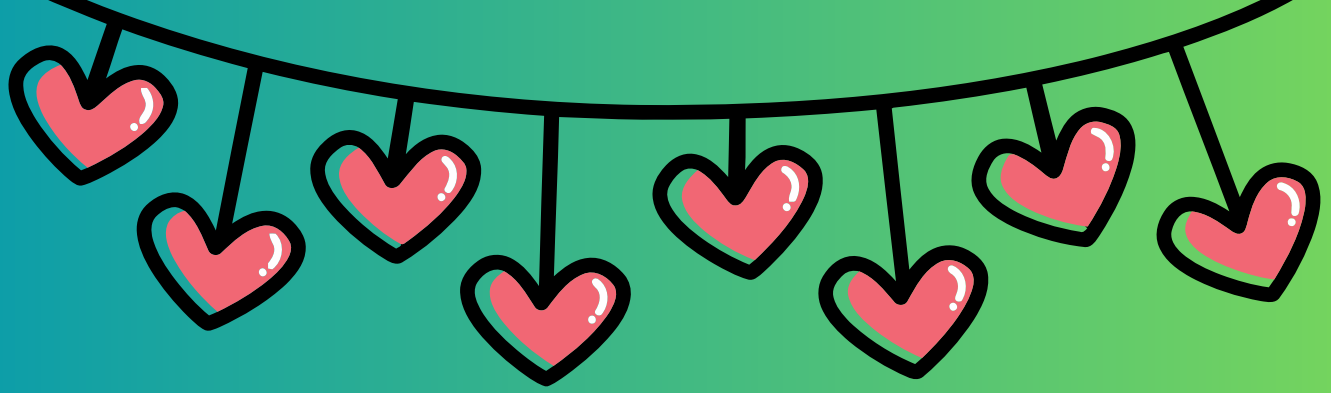
despite it all, & with a little help from my
loved ones/found family, I have pride in
who I am and am slowly learning to love
every part of me.

FIN



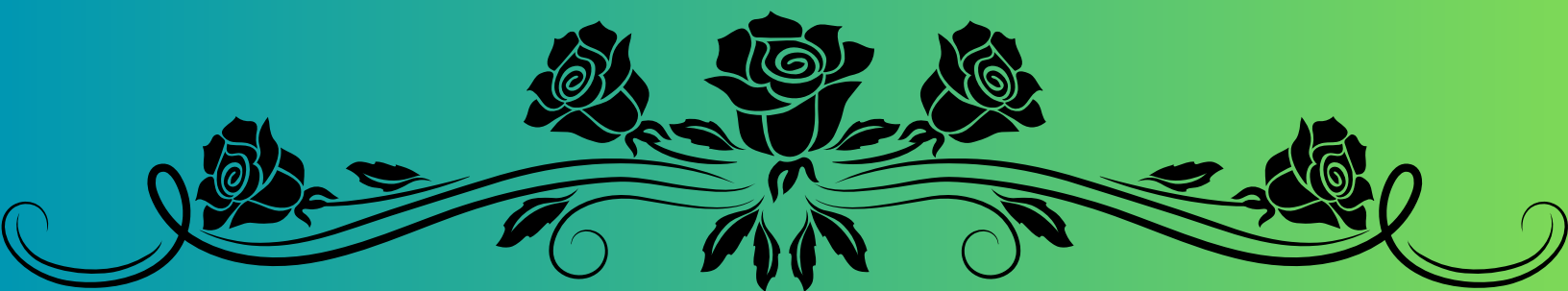
Anna W's Self Love





What Self-love means to Emily C:

self-love is fully accepting who you are and embracing all the flaws and imperfections that make you, you! Self-love is being patient with yourself and understanding that just like everyone else you may need time to adapt and overcome. This is forgiving yourself for being behind or not as great at something as someone else. Self-love is also knowing how to take care of yourself and understanding what you need when you need it, whether that be a push in a certain direction or to take time out for yourself to re-adjust.



I take care of myself physically by getting regular check ups with my primary care physician. Keeping up with regular, preventative tests for my body. Bathing regularly. Brushing my teeth. Keeping up with the latest trends from hairstyling to clothing. I try to watch my weight and get the exercise I need. Yoga. Meditation. Healthy diet.

I take care of myself spiritually when I play my guitar and singing honing my gifts and talents, which soothe my soul. Listening to music also soothes my soul. I also attend the Unitarian Universalist Church which soothes my spiritual self and emotions. Getting involved helps me feel more a part of. It gives me a new, fresh outlook on life. I like listening to spiritual discourses and TED talks. I like delving into different spiritual practices and spiritual realms.

I take care of my emotional and mental well-being by attending UBW online groups. They keep me stable and focused. Also, by speaking with my counselor from a program I attend once a week for my mental health and sobriety. Writing, in many different forms, such as; songs, journaling, and memoir writing, help tremendously with my mental and emotional health and helps me grow from within.

These are some of the ways I take care of my overall health and self love for myself.

**Thank you.
Leslie Notis**





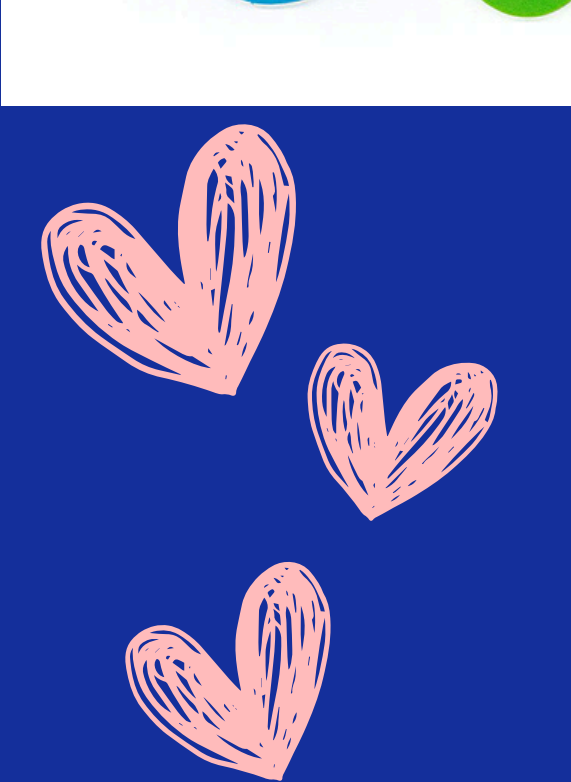
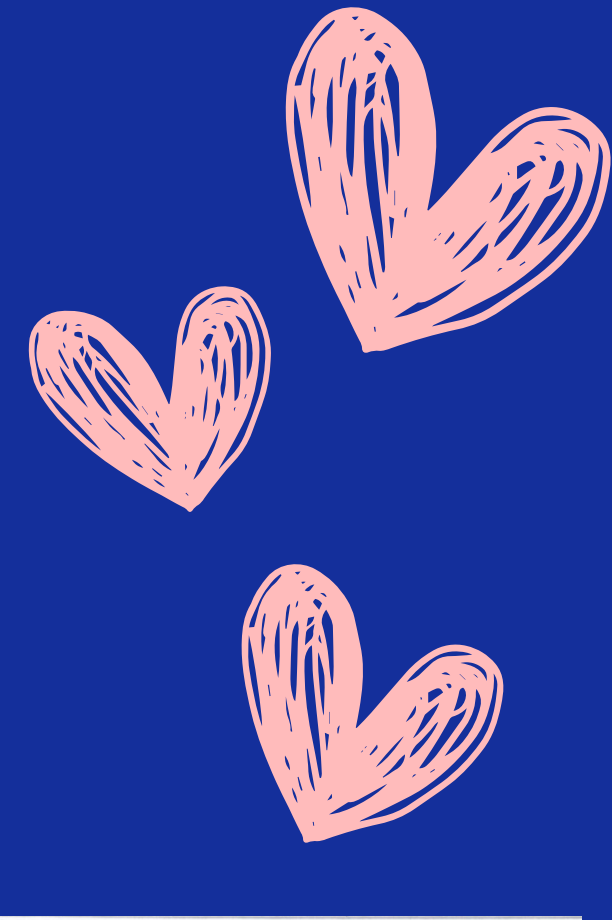
JESUS IS LOVE



He turned my life around!!
He makes my mind sound!!

-Lake Lenape Boarding Home member





-Lake Lenape Boarding Home members





MYSELF

self-care

pets

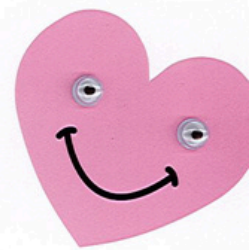
family

comm

LOVE

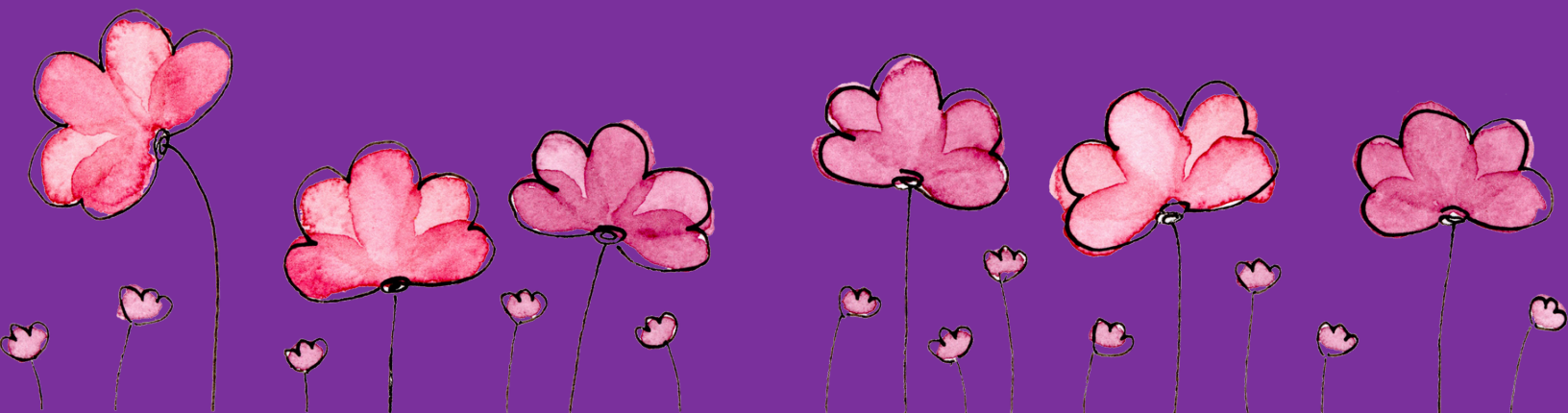
art

friends



Self Love

-Lake Lenape Boarding Home member



Modern Self-Love Campaign

Carolee M.
1/17/2025



2024 brought many uncomfortable challenges and adjustments that affected my wellness journey. Learning about and practicing resilience and what is today termed as “radical acceptance” has been a HUGE part of my emotional growth. I decided I wanted to end my suffering over things I cannot change. I have been working hard at it with imperfect results (naturally), but my commitment to strengthening my resilience and acceptance, overall, IS changing my life for the better.

My personal modern self-love does not only mean that I treat myself to some pleasures and comforts, set boundaries, say no sometimes, celebrate my wins, and am patient and forgiving with myself. It also means I mindfully work on challenge the things that get me stuck or cause me (and sometimes others) pain. I am willing to change and grow so that I can live a fuller, more satisfying, happier life - a life that is free from the barriers that are in my power either to change, or otherwise, to let go of.

Freeing myself through resilience and acceptance, for me, has been a fast-track towards self-love. Though there have been plenty of bumps on my path, practicing resilience and acceptance has made my life easier and better.

HAPPY
VALENTINE
DAY!



Oceanview

Boarding Home members

LOVE

WHAT



ABOUT

BOB!

HEART JESUS

-Oceanview Boarding Home member

Happy Birdday!



Maka: Mom! Mom! Guess what day it is!

Me: It's Valentine's Day, Maka!

Maka: Well, yes, it's that but IT'S MY BIRDDAY!!! I'm 28 today!!

Me: Wow, Maka! That's really exciting! I remember when you were still at the pet shop and I had to teach you that a peanut was food and not just a toy.

Maka: I remember that, Mom! That was a yummy lesson! I remember when Spike opened the cage doors and let all the birds out. But not me! No! I stayed in the cage. I'm a good bird!

Me: Yes, you are, Maka. Why are you in the window, Maka?

Maka: I'm waiting for the big truck to bring me my birdday presents! I hope there's lots of NutriBerries!

Me: I'm sure there will be, dear bird. I love you! Happy Birdday to you, Maka!

SELF LOVE

I LOVE my SISTERS

LAREEN
my
OLDER SISTER



AND
my OTHER SISTER
LYNETTE

I LOVE them
BOTH

AND
Live Both Live
Philly

THE CITY OF BROTHERHOOD

LOVE



-Oceanview Boarding Home member

Self-love can look different, in
different

Seasons

Fall, Winter, Spring, Summer
Child, Adolescent, Adult, Elder



Open windows

Buying chicks

Starting seeds for the garden

Listen to the crickets start to waken

Wildflowers

Fresh start, just the beginning

Farm fresh food

Bees buzzing

Watch the ocean waves crashing

Thunder, lightning, rain tapping

Sunshine, warmth

Nourish my mind, cherish my body

Apple cider

Crisper air

Spiced pumpkin, my favorite smell

Many things, left to unveil

Longer nights

Time to relax, you've done well

Warm blanket

Family, friends

Simple things, may be harder

It is cold, still getting darker

Fireplace

It is time to prepare, for departure

Sarah Scavetta



Music has always been a huge part of my life. My playlist of liked songs is about 700+ as of January 2025. I listen to many different artists; one minute is The Red Hot Chili Peppers, the next is Charli XCX, the one after probably Beyonce or the Original Broadway Cast of my favorite musicals. It depends a lot on my mood and what I'm going through at the time. When I was a younger, impressionable teen, I was like many who succumbed to the pressure of others. I remember the glares I got from those who (I thought) were my friends when I'd get the music privileges for whatever adventure we were on. I'd come home feeling ashamed of who I was. From that moment on, I pigeonholed myself into the music styles of others because it was what was accepted, thus popular at the time. I found some artists I connected with, but I often found myself lost because they didn't "speak" to me. It wasn't until I entered my adulthood that I started to reconnect with my personal music style, and it allowed me to connect with my younger self in a way I didn't before. I love the music I love unconditionally, which allows me to love myself unconditionally.



Julia G.
Facilitator



What does self-Love mean to me?

Self-Love means taking care of myself and my needs.
Not tearing myself down or engaging in harmful activities.
Staying Sober, treating my body as a temple.
It also means caring for myself, not putting off beneficial activities, allowing myself time to rest and enjoy hobbies.
Not talking bad about myself, while also being honest.
Not invalidating my emotions and experiences.
Giving myself credit and being kind to myself.
Allowing myself to grow, flourish, as if I was a flower.
Expressing my needs and communicating so they get met.
Keeping my living space clean and inhabitable.
Taking care of my health and hygiene.
Continuing my education as I love to learn, whether that be school or elsewhere.
Staying true to myself and who I AM!



Taking Care of ME!

LOVE

- Justin

ALL PARTS OF FRANCES



I ♥ THE WAY I EXPRESS MYSELF

MEL

I love finding myself in different characters! like Panty, Pinkie Pie etc!!!

purple hair (Panty)

makeup

I love how creative I am. I love how dedicated I am. I am proud of how far I have come and how I got here. I know and am proud of how strong I am. I love that I'm not ashamed to be me.

I have always loved changing my hair, especially to match my favorite characters! I love expressing myself through my style, my nails hair, all that!

HUGS

compassionate Brave I can do it! Strong

Funny Worthy BE Bold reliable Fun

Caring

YOURSSELF

determined beautiful

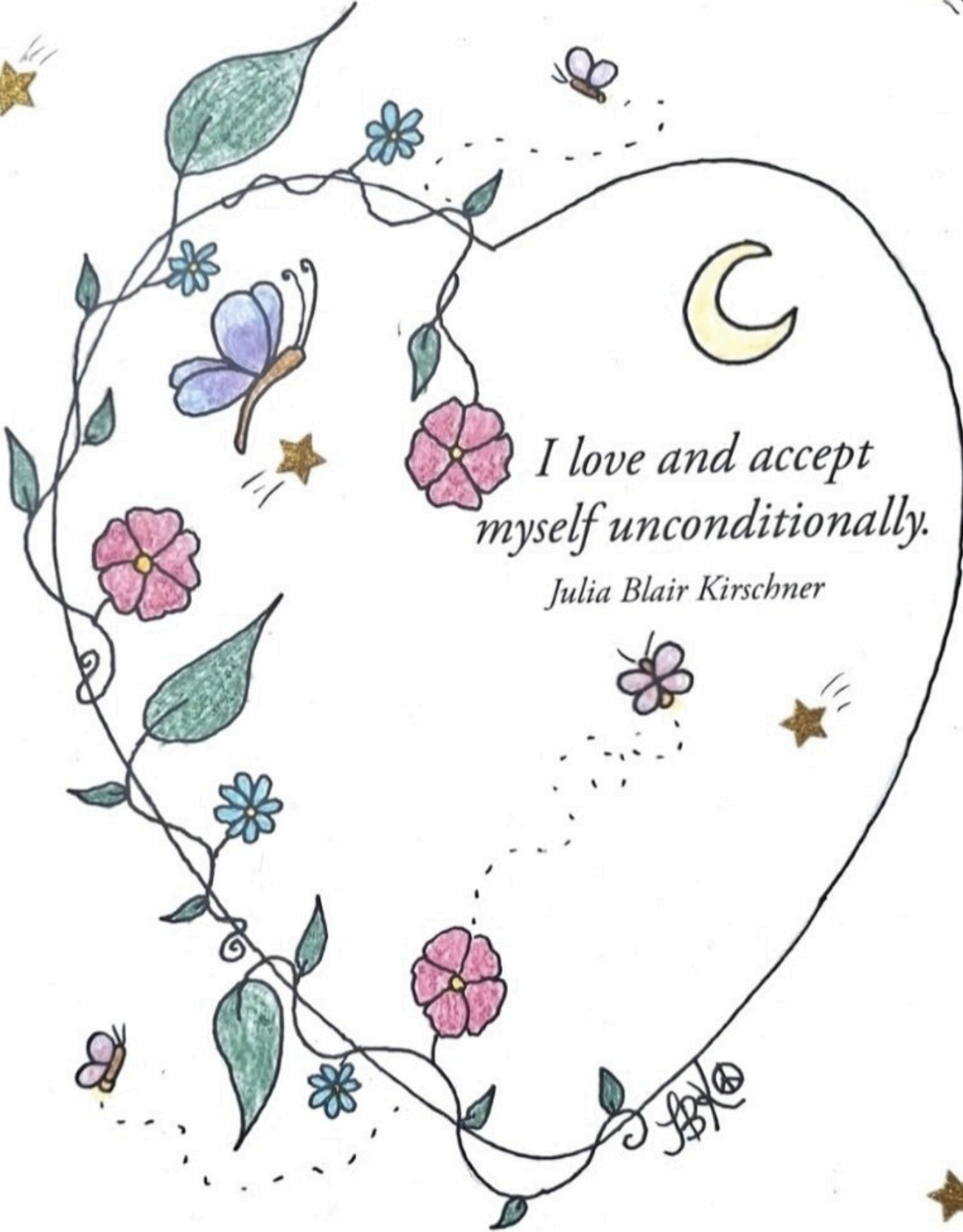
Kind Loving generous Smart

selfless enough healthy

HAPPY HAPPY BIRTHDAY



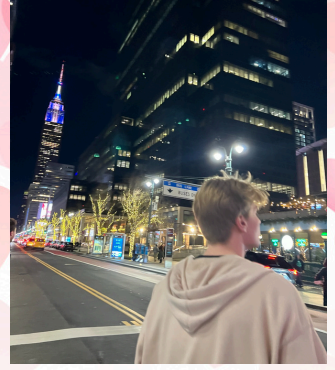
Submissions from Acute Partial Care



*I love and accept
myself unconditionally.*

Julia Blair Kirschner

JBK



Self-love is a difficult concept in my life. Growing up with ADHD, I recognized my natural characteristics as flaws. My impulsive, hyperactive, and inattentive traits often resulted in me feeling less capable than those around me. Turning in an assignment late or being scolded for talking in class were my worst nightmares. I fixated only on the mistakes that resulted from these qualities. For me, self-love means finding the positive even in my perceived faults. I have an energetic nature and the ability to think on my feet. These traits are conducive to my ADHD symptoms. Viewing my insecurities as strengths based on what they can do for me has improved my self-worth and acceptance. I am constantly working on a self-love mindset. The more that I practice self-compassion and acknowledge my growth, the easier it becomes to embrace myself fully. Self-love isn't about ignoring my challenges, but about recognizing that my worth isn't diminished by them.



I am
doing the
BEST I
can

I am
WORTHY
and
LOVABLE

I am
enough

I am
capable of
AMAZING
things

WHAT
DOES SELF
LOVE LOOK
LIKE TO
ME?

My
boundaries
are
important

My
FEELINGS
are Valid

I deserve
good things
and to be
happy

I forgive
myself
for the
past.

Seth Edwards



WWW.MHAAC.INFO/UBW



UNITEDBYWELLNESS@MHANJ.ORG

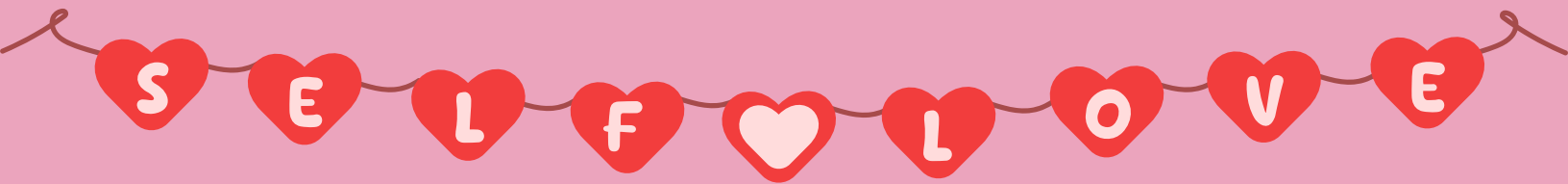


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Modern Self-Love

I feel alive,
when what I love passed me by,
But
That's not self-love.
I didn't bring it to myself.
This love is hard
Blame the world, blame others, blame self
Blaming the self hurts the worst,
especially when it'd be different for the world and
others
Show yourself the same respect
Exist to be good, and strive
Live a full life, one that completes you
Feel the pain and joy that the world has to offer
Look for the complete picture, not what's easy
Once in a while, do something nice alone
Vacancy has no place in a heart, don't empty
Embrace the Sun's warmth, the wind's chill, the
grass' smell, and the burning fire for something
better.
That is self-love to me.

Andrew L



Powerful expression of self-love
for me is through dancing and singing.



What Self-Love Mean to Me

Taking care of others serves me as a
vital coping mechanism

Manifesting my goals
(short-term and long term)

Affirmations: Starting my day with positive affirmations. Phrases like
"I am worthy," "I deserve happiness," and "I am enough" shift my
mindset and boost my confidence.



Zana R





**Submissions from
Hammonton Boarding Home
Residents**

MKT

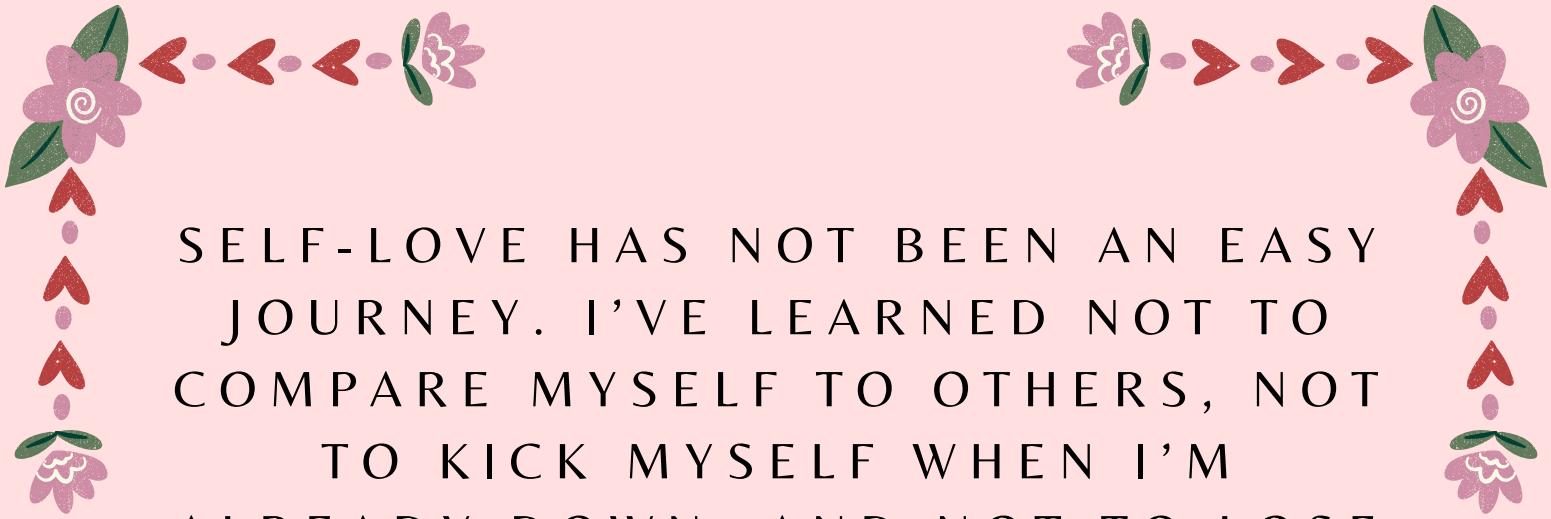
HAPPY

BIRTHDAY

! TO ME!

HQGLY

-Oceanview Boarding Home member



SELF-LOVE HAS NOT BEEN AN EASY
JOURNEY. I'VE LEARNED NOT TO
COMPARE MYSELF TO OTHERS, NOT
TO KICK MYSELF WHEN I'M
ALREADY DOWN, AND NOT TO LOSE
BELIEF IN MYSELF.

THERE'S STILL SO MUCH TO LEARN
WHEN IT COMES TO LOVING MYSELF
AND I WILL NEVER STOP LEARNING.
GROWING COMFORTABLE IN MY
OWN SKIN IS STILL A CHALLENGE
OF MINE, BUT NOW I FEEL READY
TO FACE THIS HURDLE.

I AM PERFECT THE WAY I AM.

I AM RESILIENT.

I AM ENOUGH.

BIANCA C



Butterfly

In My self love era

finally, she chose her self.

LIFE IS TOUGH BUT SO ARE YOU

LCSW

IN MY SOCIAL WORKER ERA

STRONG GIRLS

CLUB





self love

❖
A sure winner, on myself I bet
Took a lot of hard work, toil, and sweat
❖
Multiple calls, e-mails, clear message of my needs
Reached out to contacts, planted seeds
❖
Able to be seen for my pain
Lifted my spirit, sunlight, no longer rain
❖
Vulnerable emotions released, no longer blind
Almost all my stars, ideally aligned
❖
Resilience and remarkable, my efforts are seen
Insight, Awareness, and notably keen
❖
Mind, Body, will work as a team
Eyes, sparkling, from afar, in the moon beam

❖
by: Donna L. Haring
❖