



## Linda's Tai Chi Community Weekly Handout

February 16, 2025

Matters of the Heart



My wish for you this February in honor of Valentine's Day is to give yourself the gift of self-care and love.

I believe to love oneself is to accept who we are. Acceptance, responsibility and self-care are vital to our longevity and wellbeing. So, this February, may you reignite your dedication to self-care. Performing Tai Chi as a way to improve your health and wellbeing is certainly one of the strategies for care. Here are a few other ideas:

1. Get a good night's sleep
2. Stay hydrated-water is best
3. Eat well
4. Take a walk in nature
5. Experience moments of awe
6. Listen to your inner intuitive voice- it is your best guide
7. Let go of past hurts
8. Accept that you will have good days and not so good days- it is human nature
9. Keep on Truckin'- don't give up
10. Be kind to yourself

11. Find your passion and pursue it
12. Find people who care about you and have your interests at heart
13. Laugh more
14. Remove clutter from your life
15. Know your limits- know when to say yes and when to say, no
16. Whatever you think you have done, or should have done or could have done, be forgiving
17. Go with the flow
18. Stick up for things you believe in
19. Tell the truth
20. Do a kind deed for someone
21. Breathe
22. Have fun
23. And, as we do in class, say something nice about yourself- everyday
24. And, before I forget, one piece of chocolate goes a long way

Today is a great day for Tai Chi. It teaches us to breathe and to go with the flow. Tai Chi is a great stress reliever and good for your heart and soul. Happy Valentine's Day, dear students.

Peace and Love,

*Linda*

