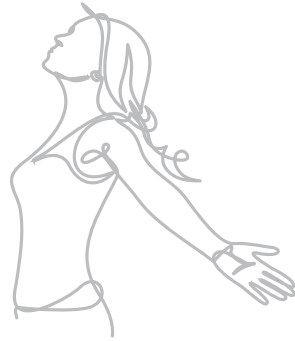


## HEALTHY SELF-LOVE PRACTICES

- > Unplug from social media, devices or TV for a minimum of 15 minutes per day
- > Build relationships at home, work and community
- > Find out what works for you and stick to it
- > Acknowledge that your body is a vessel of love: put good fuel in and exercise regularly
- > Declutter your life of people and things that are not beneficial
- > Do something you're good at
- > Pick up hobbies that require human interaction
- > Explore your spirituality
- > Volunteer
- > Find your mental "happy place" and go there when required
- > Faith is a foundation of self-love; build on what you believe.



The Twelve Pillars of Usher Group consist of 12 intentions, spread out over a period of 12 months.

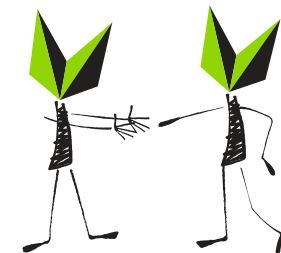
JANUARY	<b>Gratitude and Reflection</b> Reflect on the year past and express gratitude and reflection for the future year ahead.
FEBRUARY	<b>Love</b> Valentine's Day 14th February
MARCH	<b>Happiness</b> International Day of Happiness 20th March International Womens Day 8th March
APRIL	<b>Truth</b> International Day for the Right to the Truth 24th March
MAY	<b>Creativity</b> World Creativity and Innovation Day 21st April Mother Day 2nd Sunday of May
JUNE	<b>Awareness</b> World Environment Day 5th June World Ocean Day 8th June Global Day of Parents 1st June International Children's Day 1st June
JULY	<b>Forgiveness</b> National Day of Forgiveness 7th July
AUGUST	<b>Accountability</b> International Day of Worlds Indigenous People 9th August World Humanitarian Day 19th August
SEPTEMBER	<b>Generosity</b> International Day of Charity 5th September
OCTOBER	<b>Kindness</b> World Kindness Day 13th November
NOVEMBER	<b>Compassion</b> World Compassion Day 28th November
DECEMBER	<b>Family</b> Holiday Season is a time of Family

12  
PILLARS

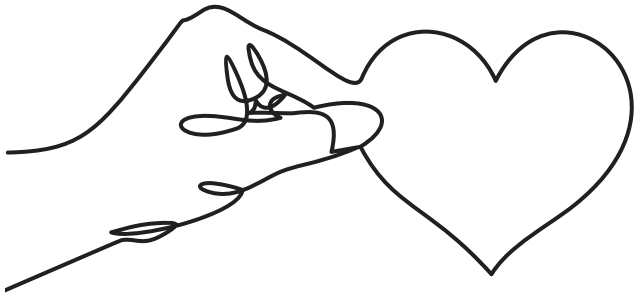


**USHER | CARE**  
We care.

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**PHONE** 0414 740 477  
**ADDRESS** 1/47 Newheath Dr, Arundel, QLD 4214  
**USHERGROUP.com**

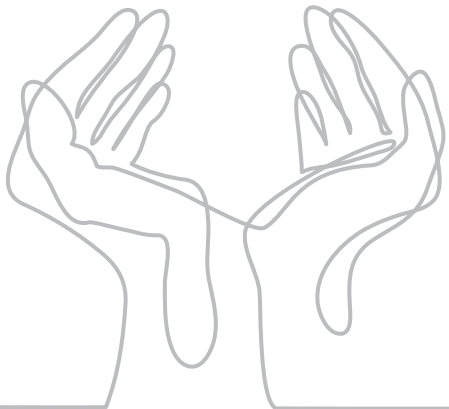


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## GIVING LOVE

- > Have you ever had a warm or good feeling when you've done a good deed?
- > Giving to or thinking of others can be an act of love
- > Research shows giving is beneficial for humans
- > It helps us connect to others
- > Giving or thinking of others is connected to good mental health
- > Giving makes us more likely to receive
- > Helps us gain different perspectives



## LOVE IS:

Patient • Kind • Always hopeful • Not Envious • Not boastful • Not proud • Not demanding • Not irritable

## LOVE AND BEHAVIOUR

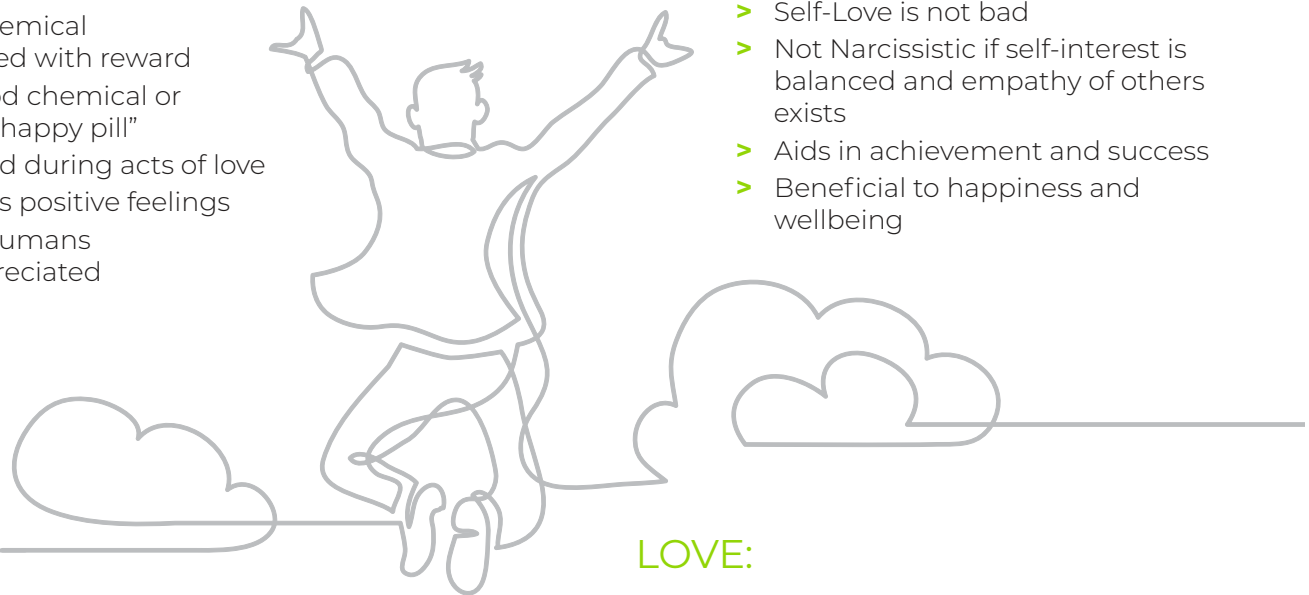
### Oxytocin

- > Human Hormone
- > The "Hug" Hormone
- > Improves social behaviours
- > Helps reduce cardiovascular stress
- > Helps improve the immune system
- > Associated with intimacy and trust
- > Released as a result of love
- > Helps create strong bonds
- > Improves social interactions
- > Induced by a handshake, a smile, a hug or a kiss

## LOVE CAN MAKE YOU HAPPY

### Dopamine

- > Brain chemical associated with reward
- > Feel good chemical or natural "happy pill"
- > Increased during acts of love
- > Increases positive feelings
- > Makes humans feel appreciated



## PHYSICAL AND MENTAL HEALTH

### When we love and are loved:

- > We are generally more positive
- > We can cope with stress better
- > We maintain healthier lifestyles
- > We have lower rates of substance abuse
- > We can have lower blood pressure
- > We can reduce rates of depression
- > We live longer
- > We battle disease better
- > We can build better workplaces, homes, and communities

## LOVE OF SELF

- > Loving others begins with a love of self
- > Self-Love is not bad
- > Not Narcissistic if self-interest is balanced and empathy of others exists
- > Aids in achievement and success
- > Beneficial to happiness and wellbeing

## LOVE:

- Keeps no record of being wronged
- Never gives up
- Endures through every circumstance