



CHRIST

(DEEMED TO BE UNIVERSITY)
BANGALORE | DELHI NCR | PUNE

COUNSELLOR'S NOTE - FEBRUARY 2026

February Focus: *Love in All Its Forms*



“Talk to yourself like you would to someone you love.”

– Brené Brown

February is often associated with love—but love is more than romance. It is how you speak to yourself after a hard day, how you honour your boundaries, how you care for your emotional and physical well-being, and how you allow yourself to be seen and supported by others.

University life can make love feel conditional—based on performance, productivity, or approval. This month invites you to redefine love as compassion, patience, and presence. Loving yourself may look like listening to your body when it's tired, reaching out when you feel overwhelmed, or letting go of relationships and expectations that no longer serve you.

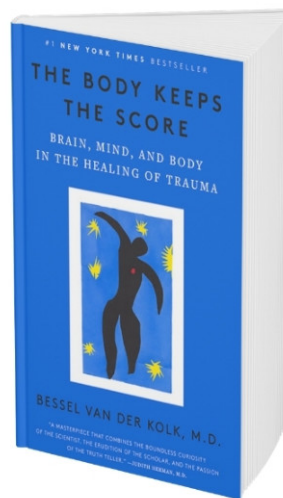
Love also shows up in healthy connections—friendships that feel safe, conversations that feel honest, and boundaries that protect your peace. Remember, choosing yourself is not selfish; it is necessary. This February, practice love that heals rather than hurts, begins within, and grows outward.

You deserve care, understanding, and gentleness—always.

With warmth and support,

Team CCHS

Book recommendations



The Body Keeps the Score

– Bessel van der Kolk

Helps understand how love, safety, and trauma are experienced in the body, emphasizing compassionate healing and self-awareness.



Maybe You Should Talk to Someone

– Lori Gottlieb

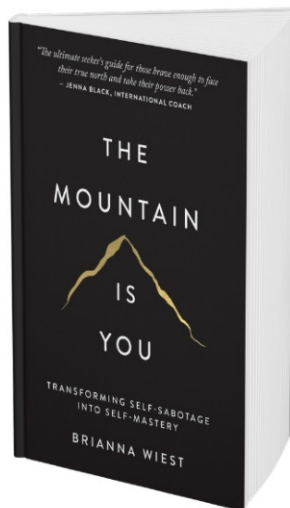
A powerful reminder that seeking help is an act of self-love and that emotional struggles are a shared human experience.



Tiny Beautiful Things

– Cheryl Strayed

Raw, honest, and deeply loving advice on relationships, heartbreak, self-worth, and emotional courage.



The Mountain Is You

– Brianna Wiest

Explores how inner conflicts affect relationships and self-love, encouraging growth through emotional responsibility.



When Things Fall Apart

– Pema Chödrön

Video Suggestions

The Power of Vulnerability

– Brené Brown (TED Talk)

On courage, connection, and allowing yourself to be emotionally open.

[Watch Video](#)

Why Small Wins

Matter Most

A beautiful talk on self-love without self-judgment.

[Watch Video](#)

Luke Belmar: The Power of Small Wins |

Motivational Video

A thoughtful perspective on love, expectations, and emotional maturity.

[Watch Video](#)

Get in touch with your counsellor for additional resources and help

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