

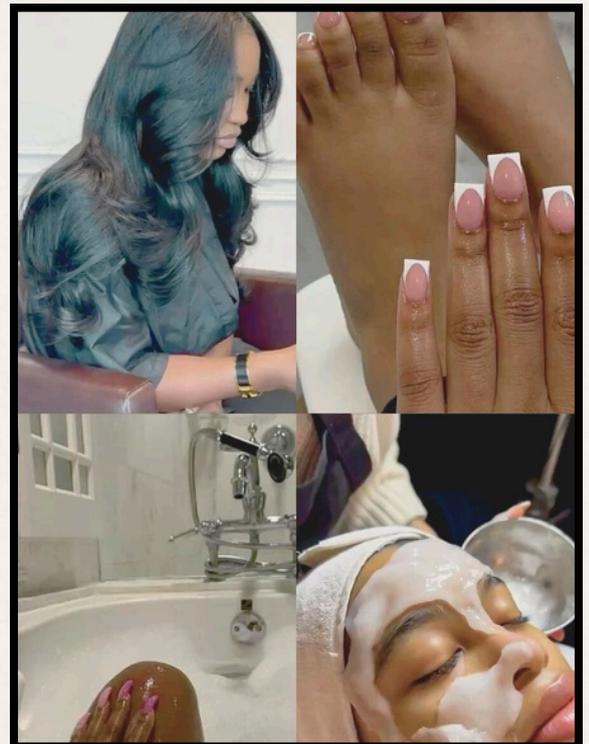
FEBRUARY NEWSLETTER

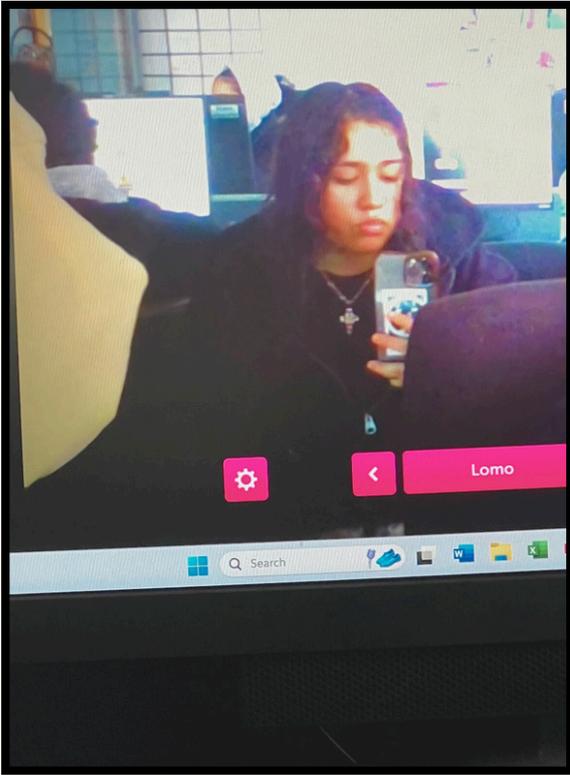


This month, the employees at FLY NY are focusing on something we don't always make time for: ourselves. With school, work, and the pressure of everyday responsibilities, it's easy to put our own needs at the bottom of the list. We're constantly showing up for others, but February felt like the perfect time to pause and ask: how are we showing up for ourselves? So, each of us reflected on the ways we practice self-love. Whether it's setting boundaries, taking a break when we need one, or making time for something that genuinely makes us happy, we shared one intentional way we can prioritize ourselves this month.

Alera Wilcox

I practice self-love by having days that I call a 'reset' for me. A reset means a lot of things. It means making sure I've done all of my assignments, cleaning my room and my bathroom, doing my laundry, getting my nails, hair, and lashes done, and doing extra skincare and bodycare. These things help me relax and stabilize myself in order to self-love. When I look good, I FEEL good.



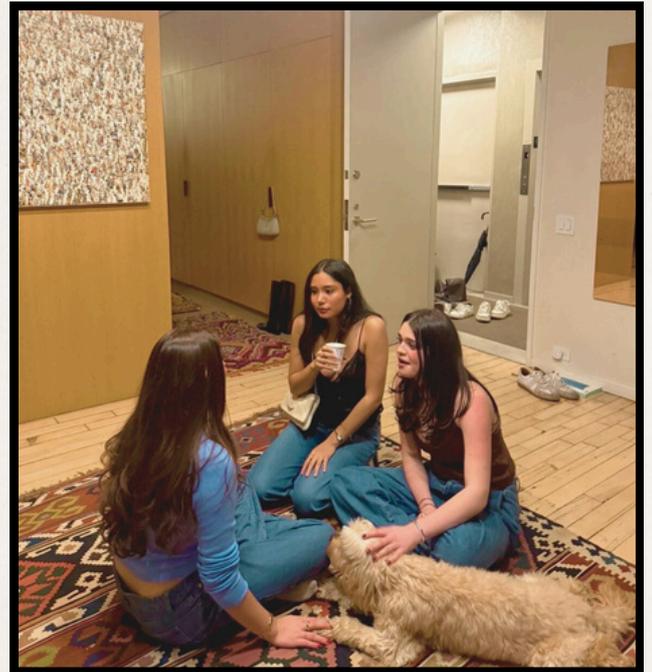


Alex Andon-Barrera

February is often associated with love, but not just the kind we give to others. This month is also a reminder to turn that love inward and practice showing up for ourselves in meaningful ways. I'm learning that I don't have to be perfect to be worthy, and that growth doesn't happen overnight. Self-love, for me, looks like being patient with my emotions, setting boundaries when I need them, and reminding myself that it's okay to rest. One thing I can do to prioritize myself this month is to make time for my mental and emotional well-being. Whether that means taking a break when I need one, putting my phone down to be present, or checking in with myself honestly, I want to make sure I'm not neglecting my own needs. By doing this, I'm reminding myself that my feelings matter and that taking care of myself isn't selfish. This February, I'm choosing to practice self-love by showing up for myself, honoring my needs, and trusting that taking care of myself allows me to be my best self for the world around me.

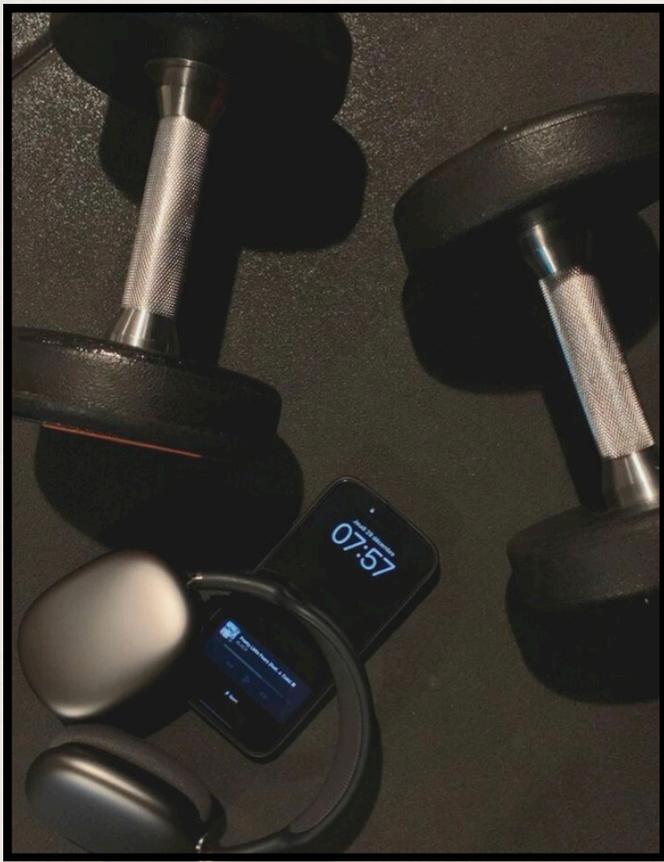
Marlo Rivera-Opalski

I practice self-love by making time for things that genuinely make me happy while still keeping my priorities in order. I believe balance is important, so I work hard without ignoring my own needs or mental well-being. I check in with myself and make sure I'm not forcing myself to stay in situations or routines that make me unhappy. This month, I am going to prioritize myself by not procrastinating on the things I need to do, so I can balance it with things like hanging out with friends.



Anne Canale

I practice self-love by knowing when to take a mental health day or break and giving myself time to slow down when I need it. I also make time to do things I truly enjoy, like going to sports games, concerts, or shopping, because those are things that can help me recharge. This month, one thing I want to do to prioritize myself is to not overload myself with work and focus more on things that make me feel happy.



Anyis Burman

One way I practice self-love is by going to the gym. I started to become an advent gym goer last year and I love it. I have always been into fitness and whenever I go to the gym that is a way for me to improve myself in health and mentally. I am able to connect with others who have the same interests as me and create a safe space to destroy any negativity and work through whatever problems I've had. One thing I can do to prioritize myself is to stay in the gym, always keep my hair done since I always look my best during that time and keep continuing what I'm doing through the year.

Riyan Thomas

I practice self-love by taking time for myself, whether that be unplugging my phone, doing self-care, hanging out with my friends, or disconnecting from the world. Self-love is all about being comfortable and in tune with yourself and with your mind. In a world that is constantly moving so fast-paced and there's never a moment of silence, it's important to take these quiet little moments for yourself.



Dahia Martinez Pena

I remind myself that I am in love with who I am, and I take care of myself physically to make sure I look good. I express my self-love through fashion since I'm not scared to wear any kind of pieces as long as they're in style, and it's a way for me to express how I visualize myself. I also journal and write poetry since it helps me understand my feelings. Stay mindful.



Daniel Martinez

I practice self-love by trying to take care of myself the best I can and get the best quality materials and everything I need, to the best of my ability. I also respect others to get respect back, because respect is important to self-love.

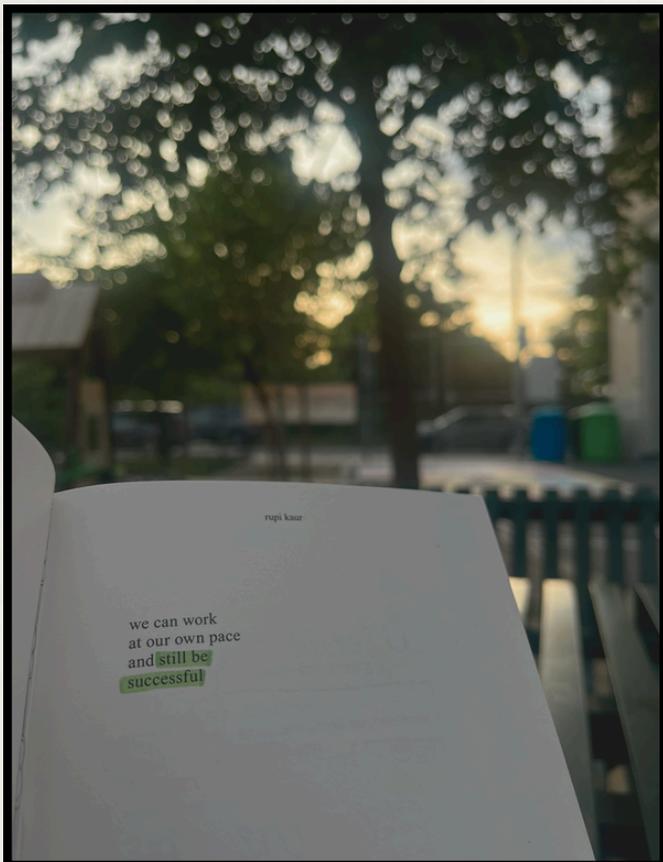
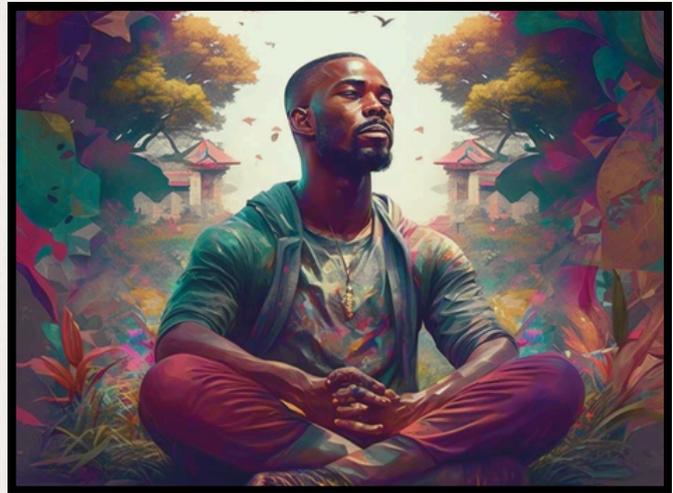


Zara Rosario

I practice self-love by doing things that I love, like going to step practice, baking, and reading. I also like to take time every day to just relax and catch up on shows that I am watching. This month I can prioritize myself by getting into exercising and some more healthy habits. Overall, just self-care can help me feel like my best self.

Dominique Kennedy

I practice self-love by trying to take care of myself as much as possible, and getting new things that'll help me explore more by buying face products, lotion, cologne, etc. Giving advice to others is also an example of self-love because of your knowledge of it. You can teach others about self-love, and it is very important in your life.



Gabriella Lucero

I practice self-love by ensuring that I feel happy with myself through taking days to reset at least once a week. I like to do Sunday resets where I just clean out my room and make it look pretty and cozy, followed by self-care like skin care, treating myself to food, or a sweet treat I want. Usually, it helps me feel more productive and just relaxed. During the week, I'll head to the gym with my friend or boyfriend, which helps me pave the way through discipline. Also, I try to give myself a mental health day at some point in the semester and allow myself to be treated like a short spa date, go shopping, and get matcha! This month, I want to try new things that can make me happy, such as hanging out with my friends, painting, and reading books. I really want to try scrapbooking, especially since we're halfway through senior year!

Lena Nelson

I practice self-love by relaxing, not pulling all-nighters when studying, and focusing more on beauty by using more effective patches or face masks that are good for my skin. Another way is trying to perfect my cooking so that it'll at least taste like how my mom makes it because it just hits different when she does it. 😊



Isa Hydar

I practice self love by prioritizing my self care days which can include me going out to eat, going to a pilates class, shopping, or even going to the gym and cooking myself a meal. One thing I can do to further prioritize myself this month is continuing to take care of my physical health by taking my vitamins and eating clean and investing in more beauty related forms of self love like eye patches and face masks since I love skincare.

Sadie Keogh

I practice self-love by having routines that make me feel my best. I prioritize routines like doing my skincare, makeup, working out, and anything else that clears my mind. My routines allow me to slow down and make sure I am always taking a moment to focus on myself. To prioritize myself this month, I am going to continue to make sure to stick to my routines and practice things that make me feel at my best.



Lisbelle Bonilla

The ways that I practice self love are by letting me treat myself after a long day because I deserve it or staying home during the weekend and having a night to myself where I watch a favorite show and put on a face mask. And something I can do this month to prioritize myself is advocating for myself more which i've always struggled with.



Lismarie Varela

The ways that I practice self love is by affirmations and ofcourse, indulging myself in things that I love. I go on walks around the city, I journal, and I go to parks and small stores that sell maybe unconventional things. I'm constantly getting myself books and other things that I especially like. I consider hair masks and other hair products as self-care, as well as exfoliants and face wash. I keep various lists of things and maintain a schedule to keep myself grounded. A way that I can prioritize myself this month is by keeping a balance of time for me and time for the things I absolutely need to get done.

Mikaela Cabral

One way I practice self-care is by extracting myself from bad energy. Because I mean who'd want to be around people who give off negative energy? Not me.



Nadja Figueroa

I practice self-love by taking care of both my body and mind. I treat myself to small spa days to relax and recharge, and I meditate to support my mental health and reduce stress. I also show self-love by staying focused on my studies, because investing in my education helps me grow and build a better future for myself. In addition, I make time for the people I love, like my friends and family, since spending time with them helps me feel supported and happy. This month, I want to prioritize myself by finishing my homework and responsibilities earlier each day. By managing my time better, I can go to bed earlier, get enough rest, and have more energy and focus during the day. This will help me feel less stressed and more balanced overall.

Niko Hamilton

I practice self-love by listening to myself, my feelings, and my boundaries with no guilt. I allow myself to take a rest, say no to things, and make choices that truly help me find my peace, rather than what would be good for others. I talk to myself with kindness, even on days when I'm not feeling my best, and I remind myself that I don't have to be loud or perfect to be growing. Something I can do to put myself first this month is to make sure I give myself dedicated time each week that is just for me, with no strings attached, no multitasking, so that is spent resting, journaling, moving my body, or doing something that brings me true joy.



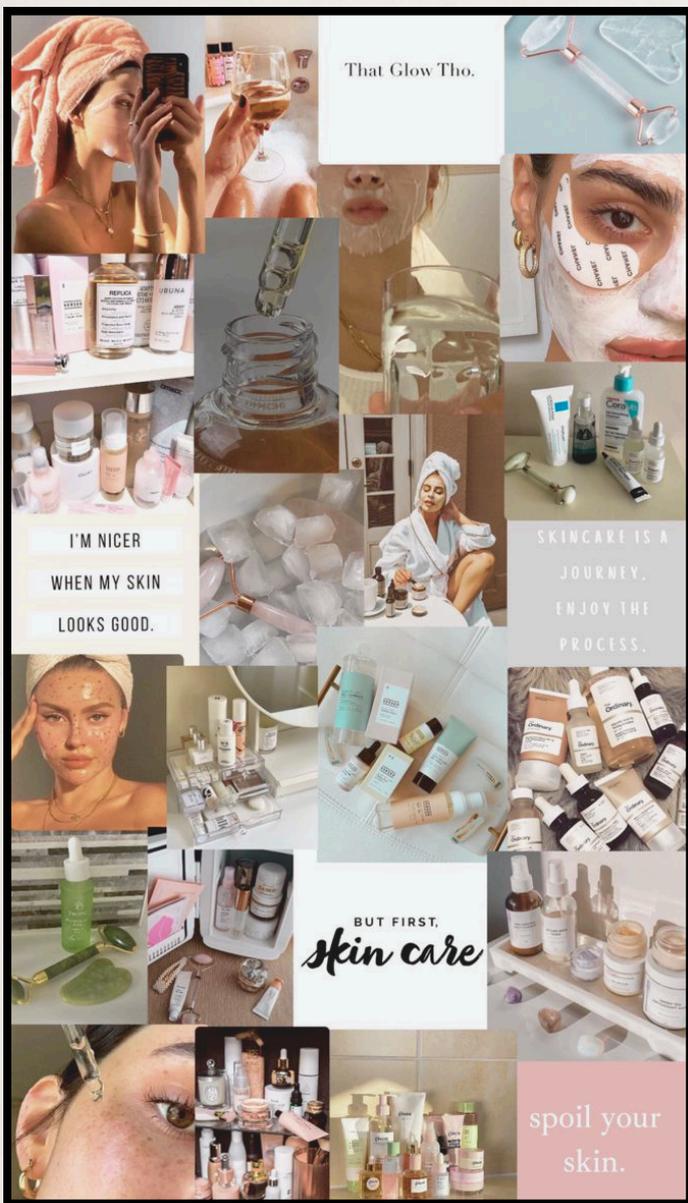
Saharrah Martin

I practice self-love by sleeping in on the weekends when I don't have to go to work. I also like to do maintenance on myself like nails, and makeup. I just like to keep to myself and watch shows to take time to block out the world. This keeps me grounded and makes me feel safe.



Sierrah Martin

I practice self-love by spending time by myself, allowing myself downtime from social settings. In my downtime, I sleep, read, and watch shows, and just enjoy my alone time. I also do my own nails as a form of self-care, so it is also a time to ignore the world and just focus on myself and something I enjoy. This month, I want to celebrate my blackness during black history month.



Summer Otano

I practice self-love by giving myself positive affirmations to say out loud, always prioritizing self-care days, and giving myself confidence every day. This month, I can prioritize myself by surrounding myself with positive things and giving myself a day to relax and not stress.



Khadija Diakite

Maintenance, cleaning, food, and relaxing is one way I express self-love. I try to do this at least once a month, especially because I tend to stress a lot sometimes. This helps me when I'm not feeling my best or when I am going through a lot of stress and work. I always happen to take these self-love "days" on Fridays because that is my only off day of the week. I cherish self-love days because it's important to take care of yourself and your mental health.

HOW WE PRIORITIZE OURSELVES: FEBRUARY NEWSLETTER

As we move through this month, we hope these reflections inspire you to check in with yourself, too. Practicing self-love is necessary. When we take the time to care for our own well-being, we show up stronger, more present, and more confident in every other area of our lives. Even small actions, like resting when we're tired or saying no when we need to, can make a real difference.

Let this month be a reminder that you deserve the same kindness and effort you give to everyone else. Prioritizing yourself doesn't mean doing everything perfectly; it simply means choosing, again and again, to value your time, your energy, and your growth.

