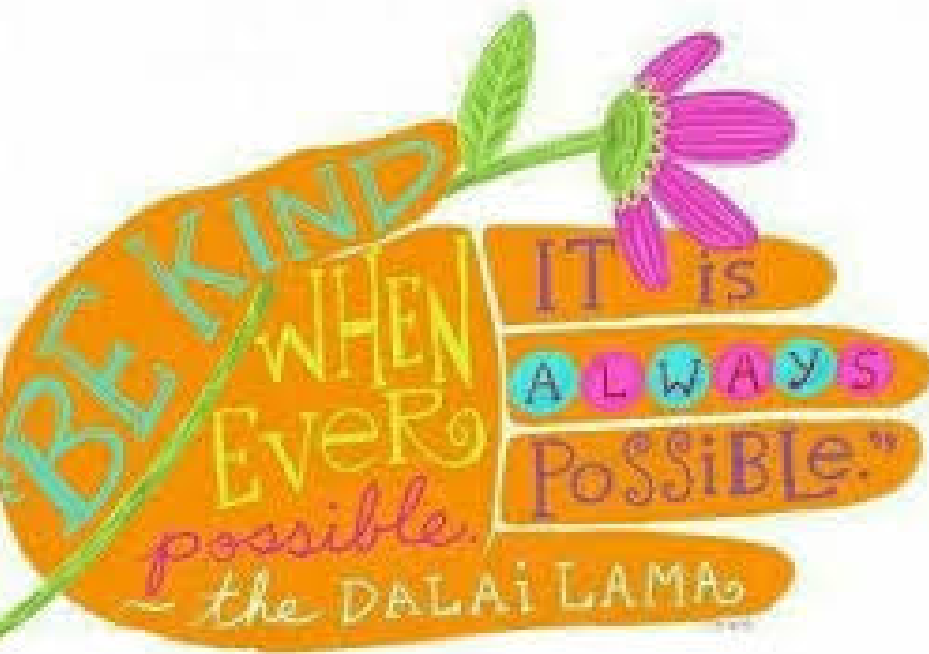


Wellness Wednesday

Your midweek reminder to prioritize your wellbeing.

12th of february



Click above for a brief video regarding compassion.



Click the image above for a Loving Kindness meditation.

This Week's Affirmation:

As a member of humanity, I extend my compassion to everyone.

WAYS TO PRACTICE Self-Compassion

Notice what you're doing "right"

Let go of expectations

Ask for help when you need it

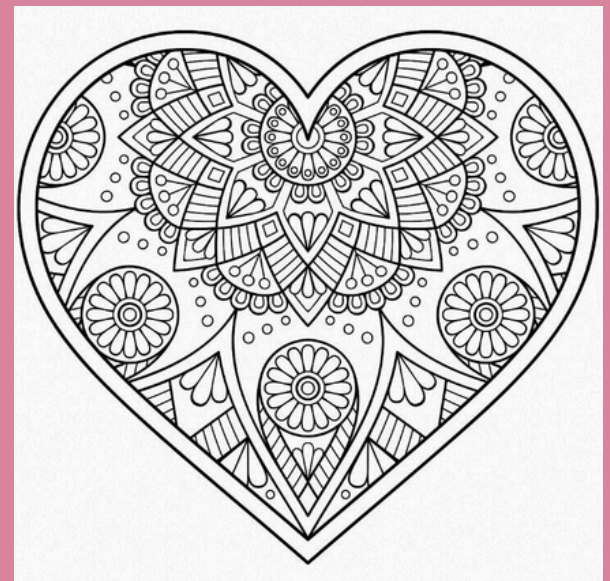
Practice positive self-talk

Practice mindfulness

Focus on your strengths

Set boundaries

Remember to practice gratitude



In the mood to color?
Click the image above and enjoy.

988 SUICIDE & CRISIS
LIFELINE