a)ellness a)ednesday

YOUR MIDWEEK REMINDER TO PRIORITIZE YOUR WELLBEING.

**26TH OF FEBRUARY** 



Click above for an article on how to be more compassionate.

## Self-Compassion Phrases

to support you in any moment

MAY I GIVE MYSELF THE COMPASSION THAT I NEED

MAY I LEARN TO ACCEPT MYSELF AS I AM

MAY I FORGIVE MYSELF

MAY I BE STRONG

MAY I BE PATIENT

"If your compassion does not include yourself.

it is incomplete. -Jack Kornfield

Click the image above for a meditation focusing on self-love.

<u>This Week's Affirmation:</u> I am loving and compassionate to myself and others.



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

988 SUICIDE & CRISIS