

# LET'S PRACTICE SELF-COMPASSION

We can be our own worst critics. It's time to look in the mirror and appreciate who you see. Whenever you are having a hard time, practice different mindsets and problem-solving. Take your first shot down below!

What's going on that is making you so hard on yourself? Why do you feel like you're seeing yourself in a negative light?

This happened, and now I feel like...

It's understandable that you're feeling stressed—you're human! We need to recharge and reflect, so think about what you can do to soothe yourself emotionally. Is it a cup of tea or a podcast you love?

I will take the time to...

You might be feeling physically drained, too. Take a moment to release the tension and treat yourself to something that will help you physically, like a short walk or a stretch routine. Think about what you can do to get yourself moving.

I think my body would benefit from...





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Now, what can you say to yourself to heal rather than hurt?

Instead of telling myself, "I can't do anything right," think back to something you are proud of. What is it?

Remind yourself of your accomplishments. Reflect and think of how those changed your life and self-value.

Even though I'm having a hard time, I can tell myself that...

Instead of being a harsh critic, embrace your humanity. Allow yourself to grow by nurturing self-encouragement rather than drowning in negative self-talk.

Everything is not my fault, and this is how I will motivate myself with kindness...

