

Practice Self-Compassion

Self-compassion means treating yourself as you would a friend or loved one. If a friend told us they were having a hard time, we would listen, offer understanding and comfort. When we experience those same hardships, we often blame ourselves, have negative internal dialogue, and feel defeated. This does not help us move through the pain we are experiencing or provide us with solace or comfort. Loss, pain, and heartache are a part of all our lives. Next time you experience hardship, treat yourself as kindly as you would treat a friend.

Be Well.

The Health and Wellness Foundational Tool Team



***“Your body hears
everything your
mind says.”***

***– Naomi
Judd***

