



## The Art of Self-Compassion

You probably know the value of showing kindness and compassion to others but being kind and compassionate to yourself is just as important.

Here are some tips to help you practice self-compassion:

**Celebrate small wins.** The small things really do add up, so focus on the little things you do every day. Maybe you didn't get to work out 3 days this week like you planned. So what? Give yourself credit for what you did do. If you took a walk around the block, that's something. If you did yoga, that's something too.

**Be kind to yourself.** The things you tell yourself can affect how you feel about yourself. We're often much harder on ourselves than we would be on others. So, the next time you make a mistake, don't beat yourself up. Instead, try shifting your self-talk to be more forgiving and encouraging—for example, "This is something new, and I'm doing my best."

**Do something just for you.** Take time for yourself daily—for example, exercise, journal, read, or take a warm bath.

Source: [healthwise.net](https://www.healthwise.net)

### FEATURED RESOURCE

## 988 Suicide & Crisis Lifeline

As of July 16, 2022, **988** has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. Click [here](#) to learn more.

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