

# WELLNESS WEDNESDAY

Your midweek reminder to prioritize your wellbeing.

19th of February



Click above for an article regarding the health benefits of compassion.



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

This Week's Affirmation:  
As a member of humanity, I  
extend my compassion to  
everyone.

## PRACTICING SELF-COMPASSION

Scientists identified three components of self-compassion, which resonate well with traditional Buddhist teachings, and can serve as a guide to your practice.

### SELF-KINDNESS

Express love and acceptance towards yourself.

### MINDFULNESS

Use your breath to become aware of what's going on inside, without judgement.

### CONNECTEDNESS

Extend your awareness to all beings, and acknowledge that everyone goes through difficult experiences.



- Reduces stress, anxiety and depression
- Increases well-being
- Helps resilience and conflict management



LOVING MINDFUL



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

**988** SUICIDE & CRISIS  
**LIFELINE**