WELLNESS WEDNESDAY

Your midweek reminder to prioritize your wellbeing.

19th of February



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

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.

OVING MINDFUL



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.

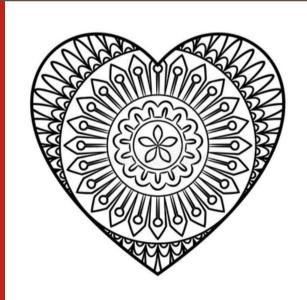
- Reduces stress, anxiety and depression
- Increases well-being
- Helps resilience and conflict management



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.



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

988 SUICIDE & CRISIS