



SELF-COMPASSION

WHAT IS SELF-COMPASSION?



Loving and trusting yourself

Not being judgemental about yourself



Being nice to yourself

Setting practicable goals



Prioritizing the needs of the body and mind

PRACTICING SELF-COMPASSION



Ensure good self-care such as proper sleep, nutritious food, and good social interactions



Express your creativity and pursue your hobbies



Incorporate healthy habits such as exercise and yoga



Practice mindfulness



Make time to pamper yourself