Have a harsh inner critic? Sick of feeling down about yourself?

Give Self-Compassion a try!

We all want to succeed, and in pursuit of success, we often push ourselves to perfection. Of course, there is nothing wrong with having goals! But when we are self-critical and base our self-worth solely on achievement, we may actually be standing in our own way.

Research suggests that self-compassion may be a better choice.

What is Self Compassion?

Talking to yourself as though you’re talking to a good friend.

1. Mindfulness vs. Over-Identification
   Being mindful of negative thoughts & emotions

2. Common Humanity vs. Isolation
   Recognizing that you are not alone in your struggles

3. Self-Kindness vs. Self-Judgment
   Being understanding to yourself rather than continuously critical

BENEFITS of Self Compassion

- boosts happiness
- reduces stress
- increases productivity
- increases self-worth
- improves body image
- builds resilience

Come hear award-winning author and speaker Kara Richardson Whitely share her story of body confidence and resilience.

Kara challenges the notion that health, happiness and success are for only one body shape and gender.

Monday, February 27th, 12:1 PM, Paganucci Lounge

Give yourself a break and get outside to play!

Snowshoe in Pine Park
Go ice skating at Occom Pond
Build a snowman with friends

Taking a mental health break boosts our productivity and keeps us from being mentally stagnant.

For the ULTIMATE Self-Care Practice
Join the Spring Break R&R Retreat
March 14-17
Kripalu Center for Yoga and Health in Stockbridge, MA.
Shared & private rooms available, prices start at $415.

Financial assistance is available through the Student Wellness Center. For questions, sign-up, or a funding application
blitz laura.beth.white@dartmouth.edu.