

# Community Education Service



*Improving emotional health and well being*

## Practicing Self-compassion and self-care

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This presentation will focus on the importance of self-compassion. As individuals we are able to extend compassion to others without thinking, it is a skill that comes naturally to most. However, when we are forced to turn these skills inward, our shortcomings quickly present themselves. A lack of self-compassion can be one of the common catalysts for mental health conditions, especially after a traumatic, or troubling experience. With the recent changes and adaptations that we as a society have had to make over the last few months, we would like to assist caregivers, professionals, and the public around why and how to incorporate self-compassion into our everyday lives.

## FREE Webinar

Thursday, June 18, 2020

1:00 - 2:30 PM

[Register](#)

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