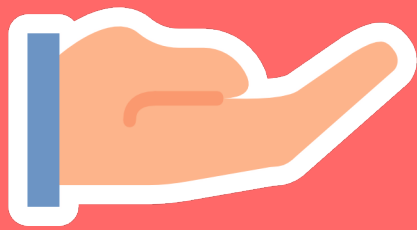




COMPASSION



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 the way to go.

BEING KIND TO YOURSELF ROCKS!

Boosts Happiness

Reduces Stress

Increases Productivity

Increases Self-Worth

Improves Body Image

Builds Resilience



The "How-To's" of Self-compassion

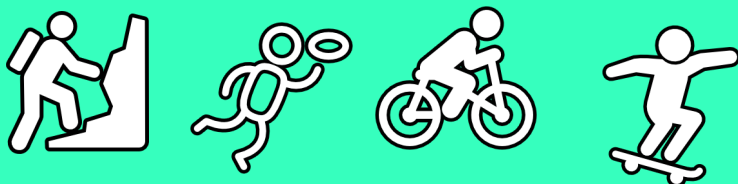
1. Be mindful of negative thoughts and emotions. Practice letting them pass by, recognizing that not all thoughts are facts.
2. Recognize that you are not alone in your struggles and that we all share similar fears.
3. Instead of critiquing yourself, show a little kindness & understanding. Give yourself the same self-talk you would say to a friend.

Build your self compassion NOW!

LOVE YOUR BODY

If you notice any "fat talk" or other body shaming thoughts running through your head, pause and try saying something kind & supportive to yourself!

Get outside & play! People who spend more time in nature appreciate their bodies!



LET GO OF THE GUILT & TAKE A BREAK!

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

Try this 3-step self compassion break next time you're feeling stressed & tense:

- 1 Say to yourself: "This is a moment of suffering" or "This is stress."
- 2 Acknowledge that: "I'm not alone" or "other people feel this way too"
- 3 With your hand over your heart, say to yourself: "May I be kind to myself and accept myself as I am."

FRESH CHECK DAY
@ COLLIS COMMON GROUND

MAY 3 @ 10 AM - 2 PM

Fresh Check Day is a student focused mental health and suicide prevention fair. This is a fun event with **free food**, Vermont **therapy dogs**, and **free massages**. Each booth will promote an aspect of mental health.

Brought to you by the Counseling Center w/ support of the Class of 1977, the Office of Student Life, the office of Residential Life & the House system.

