

# Wellbeing Tip of the Week

## Practice “radical self-acceptance”



“Radical self-acceptance” is the ability to accept everything about ourselves and our life without question, blame, or disappointment. We are all doing the best we can in these challenging times so it’s about time we take some of the pressure off ourselves.

This week, let's manage our expectations about what is achievable right now and be proud of all of the things we are doing each day, however small they may seem!