

Wellbeing Tip of the Week

Self-Compassion

HOW TO NOT BE HARD ON YOURSELF



your mistakes are part of your learning



don't compare yourself to others because you are not them



there is no right way to do anything



stand up for what you believe, even if it's unpopular



learn from people who criticize you



accept your weaknesses as your "features"



look at your past as an adventurous biography



don't underestimate your talent until you apply it 100 times

This week's tip comes from Anita Vital, who has created the below infographic to remind us not to be too hard on ourselves.

Sometimes, when we have a bad day, we can start to doubt our capabilities, and we can allow self-criticism to flood our thoughts.

But by being kind and compassionate to ourselves, we can turn these thoughts into more positive and uplifting feelings.