



THIS MONTH'S FIND
ANOTHER GOLDEN NUGGET

A Dose of Self-Care



We are raised and conditioned to treat others with compassion and respect, but we often fail to treat ourselves with the same level of kindness.

Practicing self-compassion may have more concrete benefits than you realize.

Research has shown lower levels of anxiety and depression in people who have higher self-compassion. Scientists believe that people who are self-compassionate are (a) able to recognize when they're suffering and (b) have the ability to be kind to themselves during that time.

Harvard Health supports the notion that you can actively cultivate self-compassion; they say doing so results in better health, relationships and well-being.

Here are several ways to practice self-compassion:

- Pamper your body: Eat something nourishing, take a nap, apply a skin mask or massage your muscles
- Write yourself a letter: Think of a situation that caused you pain and write a letter to yourself describing how that made (or still makes) you feel
- Share some encouraging words: Speak to yourself the way you would speak to a friend or loved one