

Self-Compassion

People who practice self-compassion are **43% more resilient in the face of stress** and have higher overall life satisfaction.

Canada's



Healthy Workplace Month

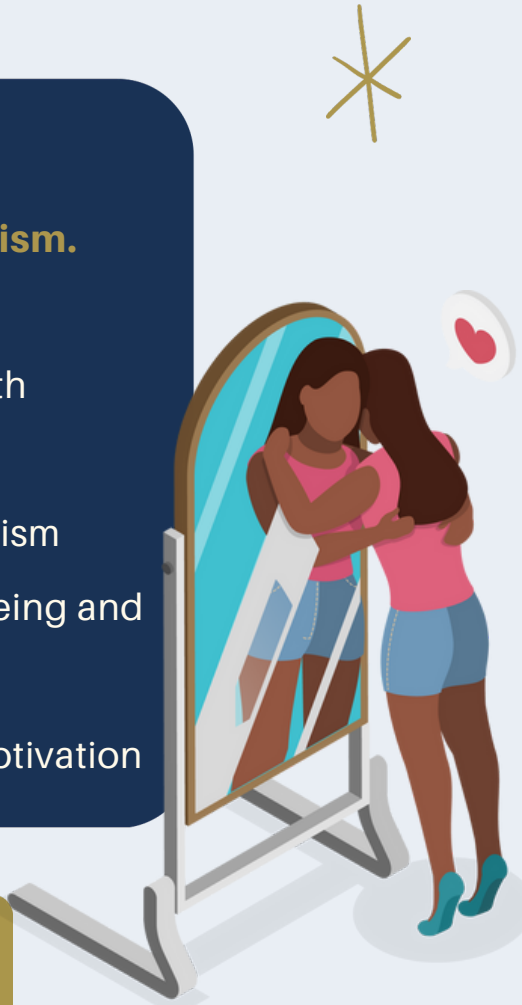
healthyworkplacemonth.ca

DID YOU KNOW?

Self-compassion is about treating ourselves with kindness instead of criticism.

When we embrace it, we:

- Recover from setbacks with resilience
- Break free from perfectionism
- Improve emotional well-being and self-worth
- Foster inner peace and motivation



DAILY YOGA POSE

"Butterfly Pose (Baddha Konasana)"

This gentle, grounding pose encourages self-care and inner reflection, supporting emotional balance.

DAILY MOTIVATION : MUSIC TRACK

"You Are Enough" - Sleeping at Last

Let this gentle, heartfelt song be a reminder to treat yourself with kindness. "You Are Enough" offers soothing melodies and uplifting lyrics that reinforce your self-worth and encourage self-compassion.



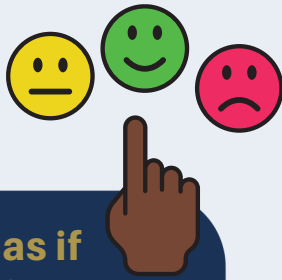
PRO TIPS FOR THE WORKPLACE

Write a short note to yourself as if you were speaking to a close friend.

Example:

- "I know today was tough, but you handled it with strength. I am proud of you."

Keep it somewhere visible as a reminder to be kind to yourself.



DAILY RECIPE

Soothing Golden Milk

1 cup warm almond milk

½ tsp turmeric

¼ tsp cinnamon

1 tsp honey

A pinch of black pepper



A calming, anti-inflammatory drink to reduce stress and nourish the body!

INSPIRE & REFLECT

Inspiration of the day

"Talk to yourself like someone you love." -Brené Brown

Daily Affirmation

I am worthy of kindness, growth, and self-acceptance.

Mental Health Challenge

Place your hand over your heart, take a deep breath, and repeat:
"I am worthy of kindness."

Reflection Question

How can I be gentler with myself today?

Daily Resource: Anxiety Canada

Anxiety Canada offerstrusted, free resources and practical tools to help manage anxiety and build self-compassion. Whether you're dealing with everyday stress or deeper worries, their articles, programs, and exercises support mental wellness and encourage kindness toward yourself.

