

BETHELL HOSPICE

Don't Beat Yourself Up: Using Self-Compassion to Combat Stress



**FREE VIRTUAL
SEMINAR**

**June 9, 2022
2:00 p.m.**

For many people, striving for perfection is the goal. We often set very high standards for ourselves, and when we cannot achieve these, we are hard on ourselves. This goal of "doing it right" even impacts us when we encounter stressors such as illness, caregiving and grief.

This webinar will provide participants with the information and skills to take the first steps in overcoming harsh self-judgements and impossible standards, in order to cultivate one's own emotional well-being.

Join us for this supportive and informative webinar to explore what self-compassion is and is not, the benefits of self-compassion, some common misgivings, and learn practices which promote self-compassion and other positive ways to attend to your needs.



BethellHospice

Date:	Thursday, June 9, 2022
Time:	2:00 p.m.
Location:	Virtual Seminar via Zoom in partnership with Caledon Public Library
Cost:	No cost to participate, but registration is required
Facilitator:	Louise Sallese, MDiv
Register online:	cpl.social/Bethell

zoom

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