



**Providence
Health Care**

How you want to be treated.

Self-Compassion Webinar

Session Description

As part of the Wellness Wednesday Webinar Spring Series, join PHC Wellness in partnership with Homewood Health for a 1 hour webinar on Self-Compassion.

Practicing self-compassion is sometimes viewed as being self-indulgent, self-absorbed or letting ourselves off easy. In fact, self-compassion enables us to evaluate our experiences more rationally and kicks in to help us develop more effective solutions for making things better. Research shows that practicing self-compassion is a powerful tool for motivation and is strongly related to psychological well-being, including increased life satisfaction and resilience and decreased anxiety and depression.

Registration

To register to join live or to receive the link to the recording via email, click [here](#).



**July 24, 2024
12 pm - 1 pm**

Self-Compassion

Questions? Email wellness@providencehealth.bc.ca