



MENTAL WELL-BEING

HOW SELF-COMPASSION CAN HELP YOU BOUNCE BACK

KEY POINTS:

- Self-compassion is **crucial for resilience** by embracing your humanity, acknowledging struggles as part of the human experience and responding with warmth.
- Self-compassion fosters **resilience by promoting** self-kindness, common humanity and emotional flexibility
- Practicing self-compassion involves **mindfulness practices, positive affirmations** and seeking support.
- Self-compassion is vital for maintaining emotional well-being by helping individuals **cope with personal challenges** and foster resilience in the face of adversity.



Mental
health



Physical
health



financial
guidance



legal
assistance

**For confidential assistance on mental health matters, contact your
EMPLOYEE WELLNESS PROGRAMME
on toll-free 0800 004 770
or SMS your name to 31581**