

Be Kind with Others by First Being Kind to Yourself

Research shows self-kindness benefits your mental health and wellbeing.

Reduce Stress



Self-kindness helps lower stress levels and prevents feelings of overwhelm.

Boost Resilience



Treating yourself with compassion strengthens your ability to cope with setbacks and challenges.

Enhance Emotional Wellbeing



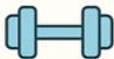
Self-kindness improves mood, decreases self-criticism, and increases feelings of self-worth.

Support Mental Health



Practicing kindness toward yourself can reduce anxiety and depressive symptoms.

Improve Physical Health



Acts of self-care—like resting, eating well, or exercising—can lower blood pressure, reduce

Increase Motivation and Productivity



People who practice self-compassion are more likely to try again after setbacks rather than giving up