



Self-Compassion Break

Take some time to try out one of the strategies below to care for your wellbeing through self-compassion.

Self-Care/Compassion Break #1:

Place the palm of your left hand over your belly. Slow down and breathe deeply down into the palm of your left hand. Place the palm of your right hand on your chest over your heart. Slow down and gradually feel your heart beating. Allow your eyes, neck and shoulders to relax; release the muscles in your face; let go of everything and just notice your body as you remind yourself: "body breathing, heart beating." Settle into an awareness of the lungs expanding and contracting as you gently breath in and out; and the heart beating effortlessly from moment to moment. Tune into and rest in the awareness of the physical sensations detected by your hands. You can keep your eyes open or close them as you feel comfortable. You can do this practice standing up or sitting down. Try each way!

Self-Care/Compassion Break #2:

Find a comfortable place to stand or sit. Gently close your eyes, let your hands rest by your sides and slow down your breathing. Take 2-3 intentionally slow breaths to begin settling into your body. Visualize that you are under a waterfall. Imagine feeling the cool sensation of water splashing down onto your head, neck and shoulders. Imagine that with each dose of water touching your head, your thoughts, concerns and preoccupations dissolve and are swept downward by the rush of water being pulled down to the earth by gravity. Allow the water to serve the function of cleansing all mental and physical distress and discomfort. This is a gift that you can give to yourself.

Reminders

March 6: New Student Registration

March 22-26: Wellness Week

April 2: End of Quarter 3

April 5-9: Easter Break

Positive Self-Talk

Did you know that practicing regular, positive self-talk can reduce stress, boost self-confidence and resilience, and help you build better relationships with others?

Try it now!



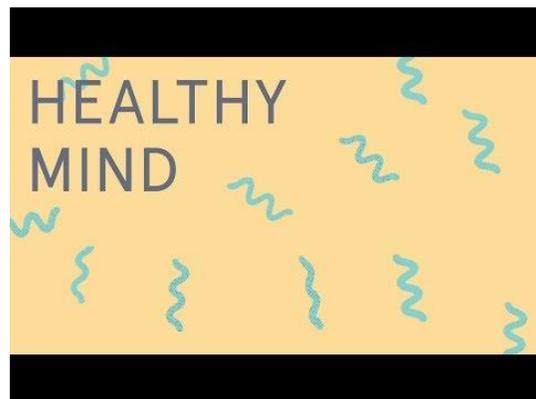
We want to hear from you!

The Counseling Team and Student Services staff are always working to improve how we support our students. We would love to hear from you! Please take a few minutes to answer [these two questions](#) so that we can continue to support you to the best of our abilities.

MINDFULNESS



Mini Meditation



[Open Link Here!](#)

Don't forget to make an appointment with your counselor through [Calendly!](#)