Grades got you down? Worried about being perfect?

Self-Compassion can help!

What is Self-Compassion?
A type of mindfulness practice that focuses on learning to accept our imperfections using objectivity and self-care.

What are the benefits?
- Greater ability to face fear of failure
- Stronger coping skills
- Increased motivation
- Greater optimism
- Better overall mental health

Follow these steps

1. Mindful Awareness:
   Pause to acknowledge the upsetting event and your feelings.

2. Self-Kindness:
   Encourage yourself, as you would a friend in the same situation.

3. Common Humanity:
   Everyone makes mistakes!

4. Pick yourself up and try again!

Remember:
College is your time to explore, make mistakes, and learn from them.

Thomas Edison once said: "I have not failed. I've just found 10,000 ways that won't work."