

# a few notes

## Topic: Self Compassion



## Daily Envision Employee Check-in Hosted by Dr. Stefanie Simmons

Are you still working? Is your family healthy? Do you have enough food to put on the table? Many people around the world can't answer "yes" to these questions because they have lost their jobs, lost loved ones, or simply don't have enough money to pay their bills. Do you feel guilty about these grim headlines? If so, you are not alone and it is a normal reaction. In today's employee check in, we discuss the three core component of self compassion. 1. Self kindness versus self judgment 2. Common humanity versus isolation - understand that all people are now feeling similar feelings and you are not alone 3. Mindfulness versus overidentification when relating to painful experiences - observe without judgement.

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