

CHICAGO REALTORS YPN BREAKFAST

RESOURCES FROM
Kristen Smith, MSW, LCSW
 Wells Counseling
<https://wellscounselingpllc.com/>

Self-compassion is:



Mindfulness

Recognizing when stressed or struggling, without overreacting or being judgmental towards yourself.

Seeing self objectively



Self-kindness

Being supportive and understanding towards yourself during a hard time, rather than being self-critical.

Non-judgment of the self



Humanity

Recognizing that you are not alone in the mistakes you make or the difficulties you might experience.

We all make mistakes



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