



The Installment



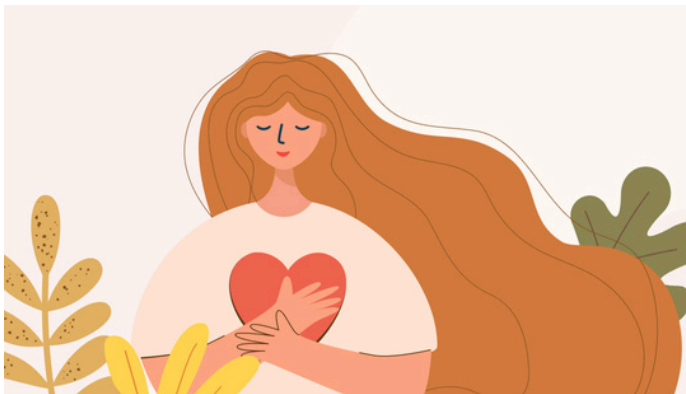
Horizon Public Health

Monthly Bulletin

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The Importance of Self-Compassion

Self-compassion is the practice of being kind to yourself, especially when things don't go as planned. **Self-love** isn't pretending everything is perfect. It's choosing a supportive inner voice when life feels hard.



Why it matters:

- Helps you recover from challenges faster
- Supports healthier boundaries
- Reduces shame and self-criticism
- Builds resilience and well-being

Self-love is a **practice**, not a mood.

The way you speak to yourself shapes what you believe is possible, especially on your hardest days.



Explore self-compassion resources on Horizon Public Health's **CredibleMind** platform:

- Videos & articles
- Self-acceptance and self-compassion meditations
- Apps, podcasts, and book recommendations

<https://horizonpublichealth.crediblemind.com/lists/the-importance-of-self-compassion>

One-Minute Practice

Place A Hand On Your Chest.

Breathe Slowly.

Say: "I Can Be Kind To Myself While I Grow."

SELF-LOVE / SELF-COMPASSION



Our Mission

is to promote, protect, and improve the health and well-being of all people in our communities.



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