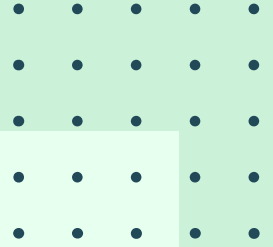




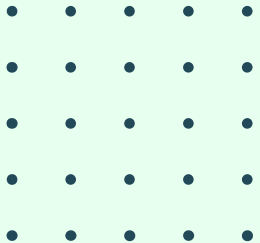
Weekly Check In



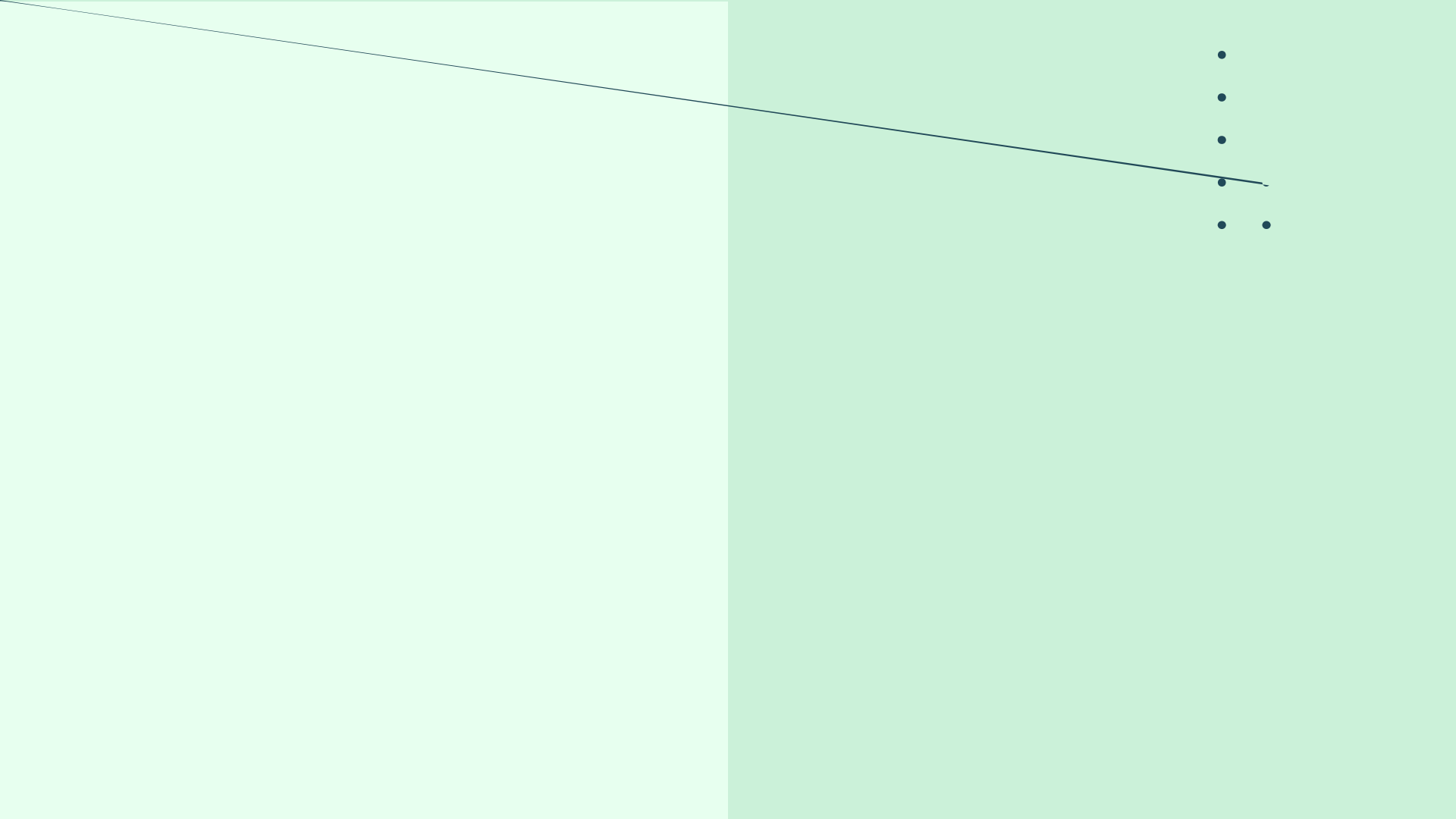
Quote of the Day

æ` f j` f œV]MRd ^ f TY Rd R_j S` Uj
Z_eYV V_eZV f_zgVœVŁUVdVœgVj` f c
] gV R_U R VTeZ _ž

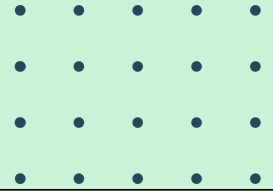
- Buddha, *5th Century BCE Indian philosopher*



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A Closer Look @ Self Talk

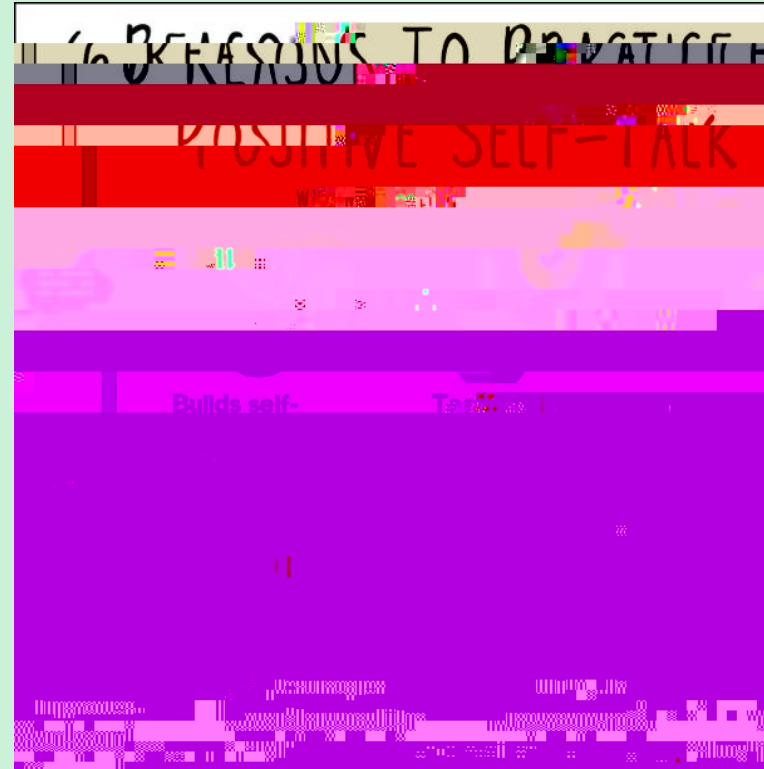


? VXR~~eg~~V dV]M[R]

2 adj TY`] XZR]UVW_dV eYReadVgV_æd Xc` h eY
:X_` dVd eYV dV]W
EV_Udè SV VRdj ž Rf è ^ ReZ

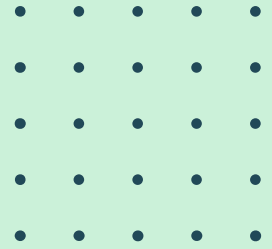
4` ^ aRddZ _ReV dV]M[R]+

=` gZ_Xt f _UVcdR_UZ_X
DVRcTYZ_X h žY R _` _† [f UX^ V_eR] ^ Z_U
Z_è h YReYRaaV_VU
Ac` ^` eVdTYR_XV
=ZdV_dè eYV dV]W
4R_ SV UZ Tf]eR_U eR\VdadRTeZV

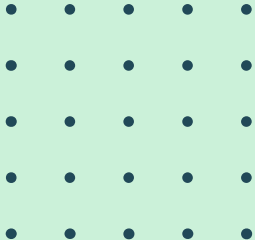


Impacts of Negative Self Talk

H Y R e i d e r V Z a R T e ` W _ V X R e g V d V M R] O



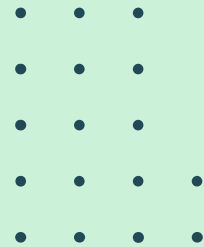
Group Discussion



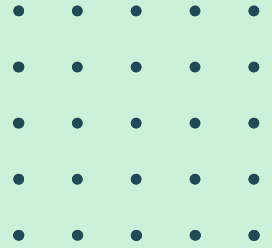
" Ž H YReU` Vdj` f c_VXReZ V R_Už` cT` ^ aRddZ _ReV dV]W
eR] d` f_U]AV Wcj` f 0
#Ž H YZY Z dVRdZ/cWcj` f 0
\$Ž 9` h U` Vdj` f cdV]W R] YV]a` c_` eYV]a j` f 0

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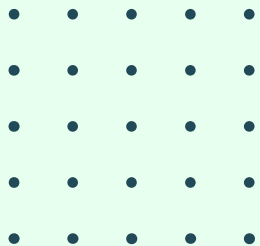
Tips to improving compassionate self talk



AdRTeZTVktadRTeZTVkt
adRTeZTV

:UV_eZVj`fcdedV_XeYd

=` \ ReeYV SXXVcaZf dV

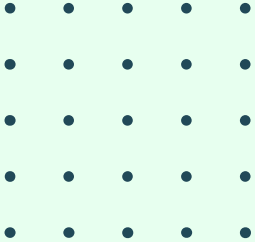


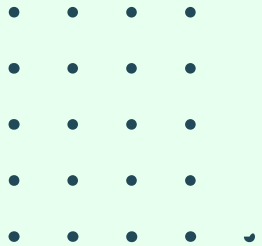
Practice!

9` h h` f]Uj` f eR\è j` f αV]W` ^ aRddZ_ReV] Z` _V` WdVdV
dzf ReZ_d0

"Ž J` f X` eR a` ` cXdRUV` _R_ Vi R^ Łd` j` f hR_ee` SZ_XV` _
W U

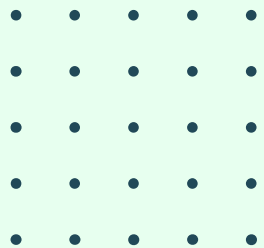
#Ž J` f WV]ZV f dZ_X R df SdeR_TV_

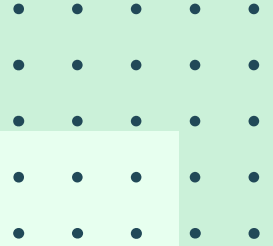




04. Reflect &

Debrief





Thanks for joining!

H V Y ` a V è d V j ` f _ V i e h V \

