

Practicing Self-Compassion

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Friday, April 10, 2020

2:15 pm ET / 11:15 am PT.

The coronavirus pandemic is impacting all of us in different ways. Whether we are experiencing job insecurity or loss, are stuck at home alone, or are juggling work and children, it can be easy to begrudge ourselves over how we feel, how we are using our time, and what we can control. Many of us are learning and noticing how we talk to ourselves and how our friends, colleagues, and those we support talk to themselves, even in the midst of a global health crisis.

Join us for this 60-minute webinar on self-compassion where we will discuss:

- The science behind why we are so hard on ourselves;
- The research behind self-compassion and its impact on our wellbeing; and
- Self-compassion tools to practice and share with others.

The recording and slides will be made available to participants and on Mental Health America's website.

Presenter:

Kelly Davis is the Director of Peer Advocacy, Supports, and Services at Mental Health America (MHA) where she works to promote the expansion of peer support throughout health care. She also leads MHA's Collegiate Mental Health Innovation Council, which is dedicated to highlighting and expanding student-led programs that fill gaps in traditional services and supports on campus. Kelly is passionate about empowerment, civil rights, positive psychology, peer support, and trauma-informed care. In 2019, Kelly was awarded the Disruptive Innovator Award by the International Association of Peer Supporters, an award given to a young person making positive change in mental health through positive disruption. She is a certified yoga teacher and holds a certificate in Applied Positive Psychology from The Flourishing Center. She is currently pursuing her Master's degree in Nonprofit Leadership at the University of Pennsylvania.

First Name

Last Name

E-mail

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