

The Nourish Approach to Self-Compassion

& the science behind it



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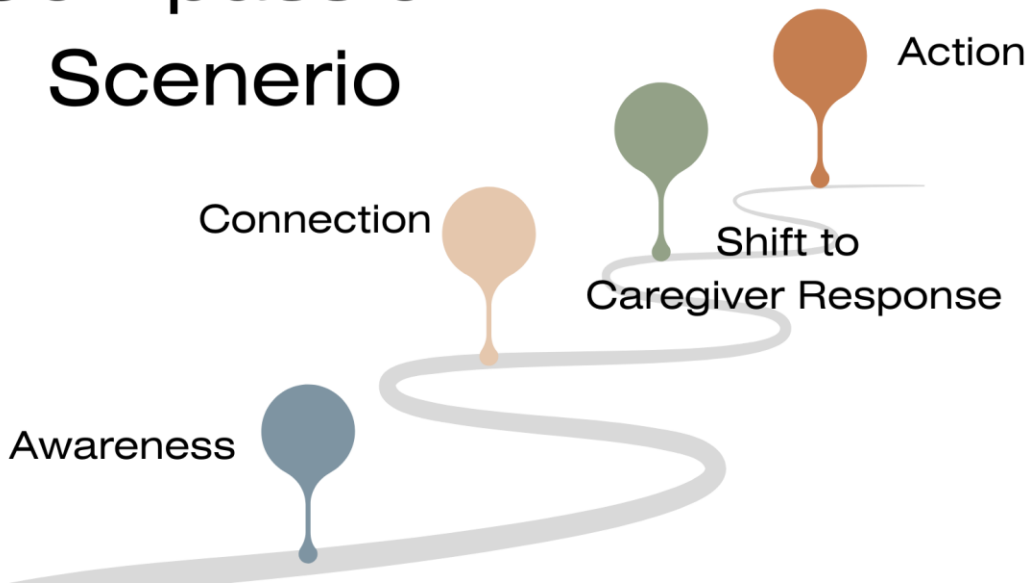


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Flow for today	
Compassion Scenario	✓
Compassion Quiz	✓
Practice	✓
How compassion works in the body	✓
Practice	✓
SELF-COMPASSION	✓
Practice	✓
Review	✓

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Compassion Scenerio



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Compassion Quiz



OR



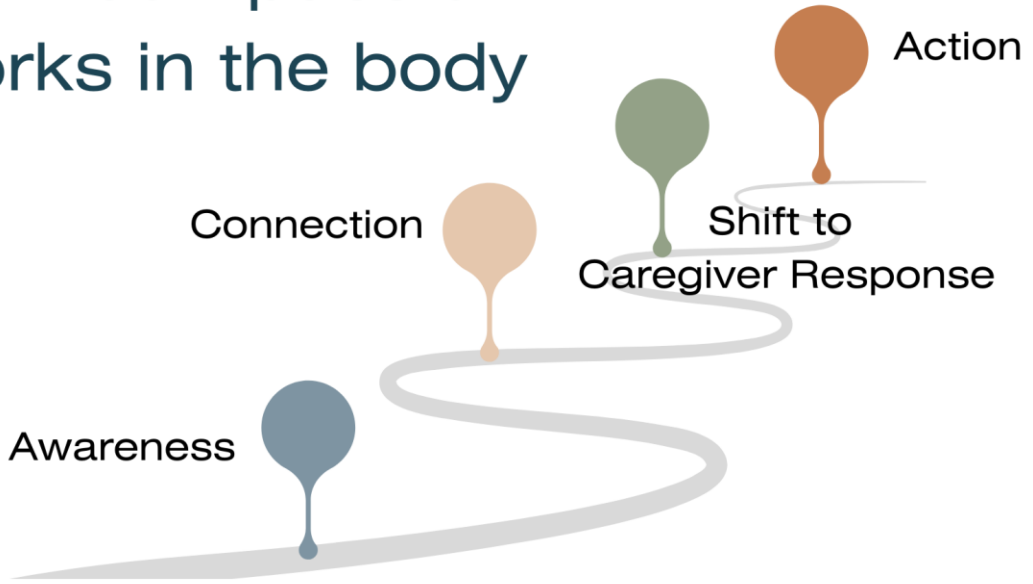
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PRACTICE

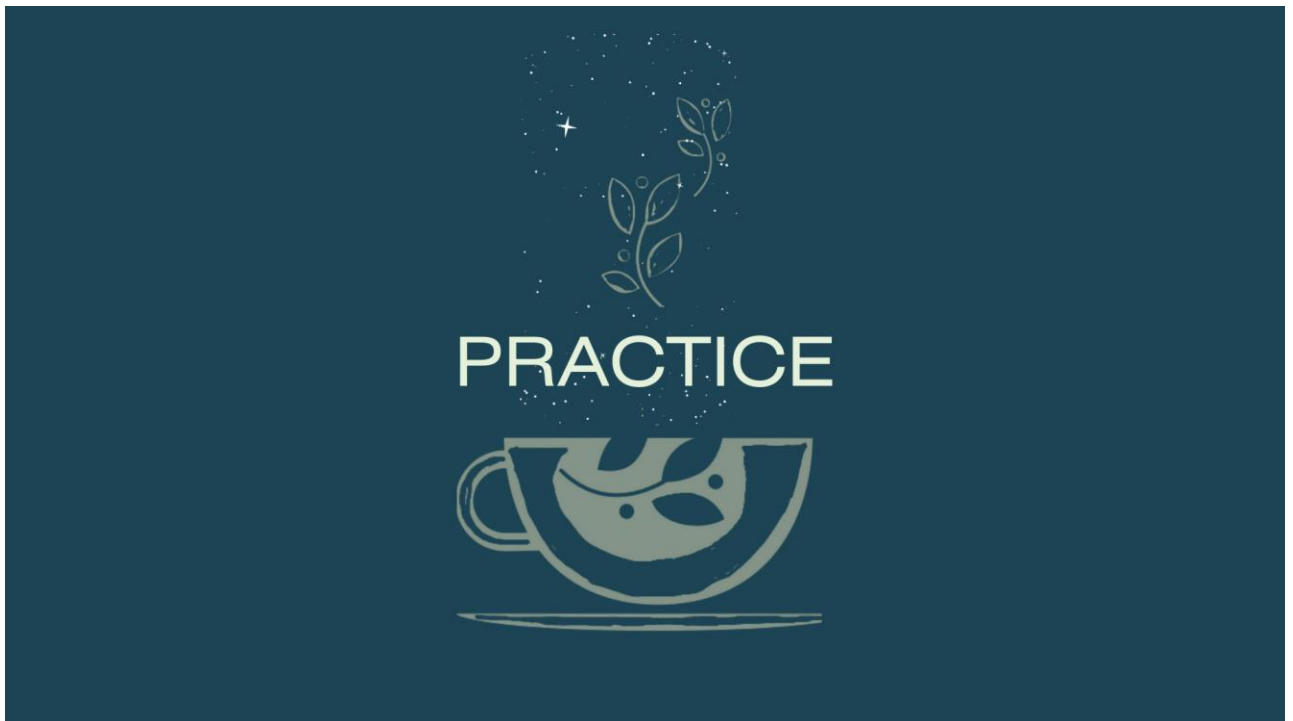


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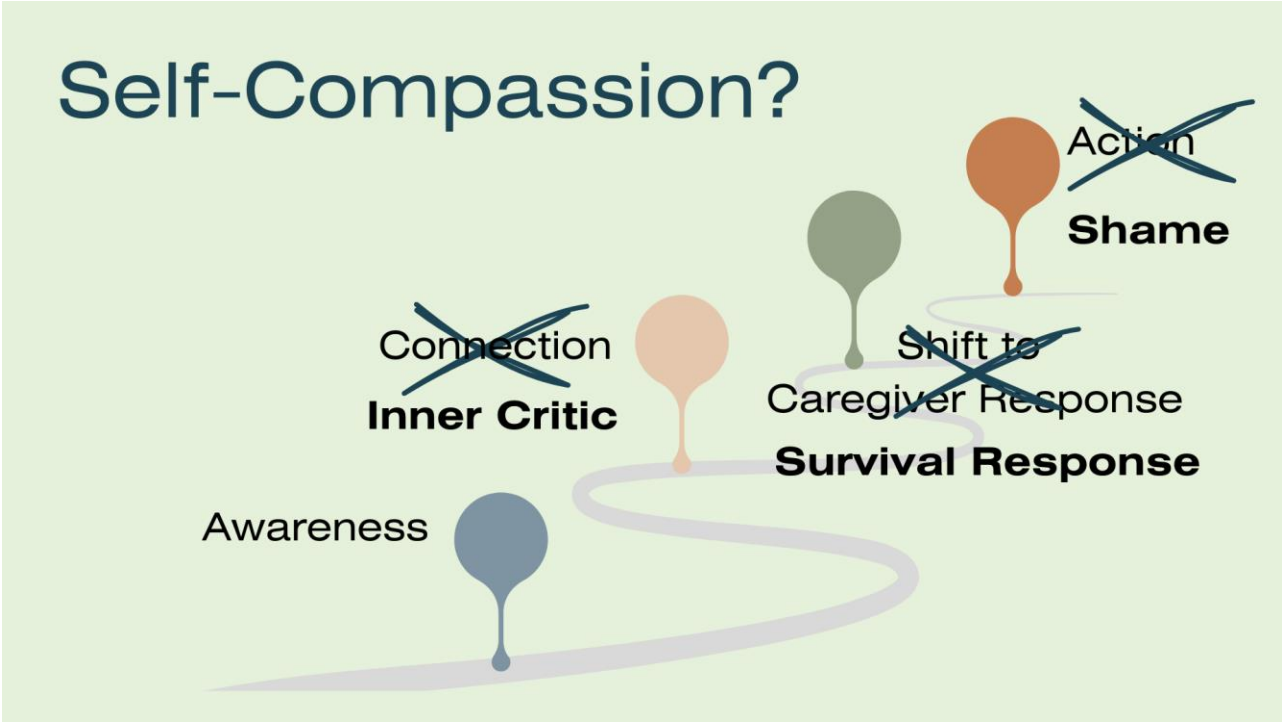
How compassion works in the body



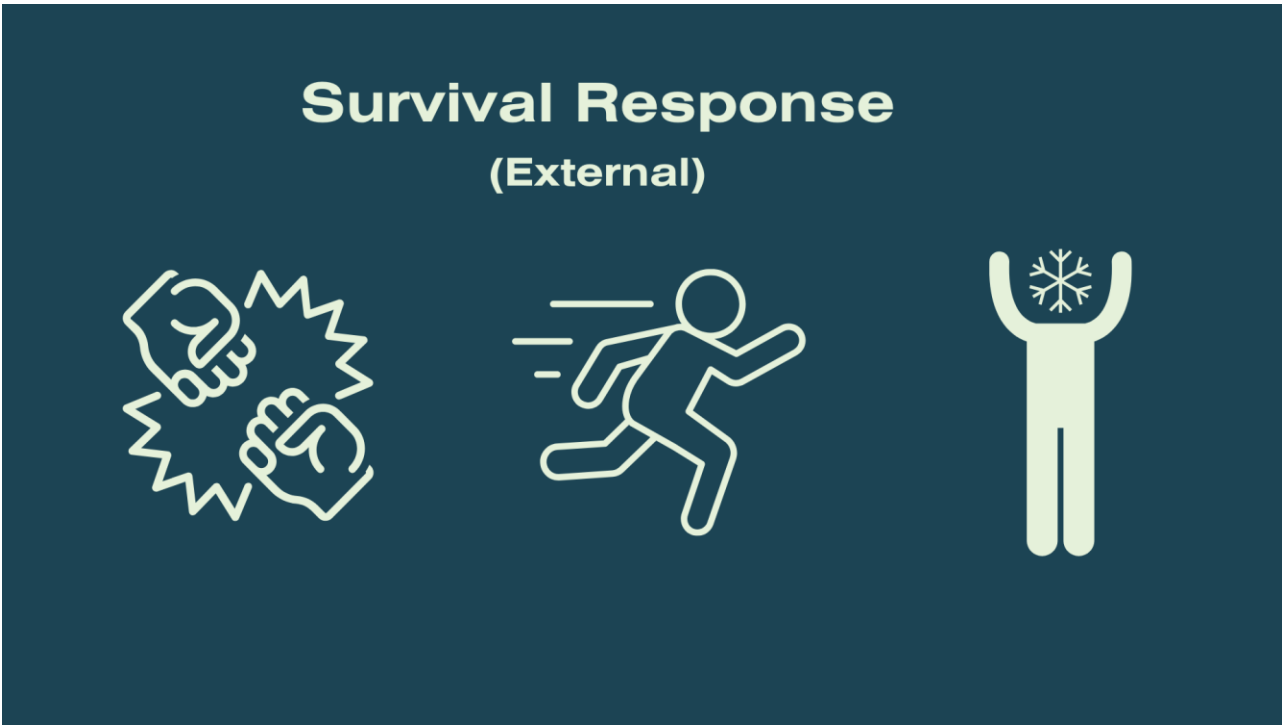
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Survival Response (Internal)



Self-Criticize

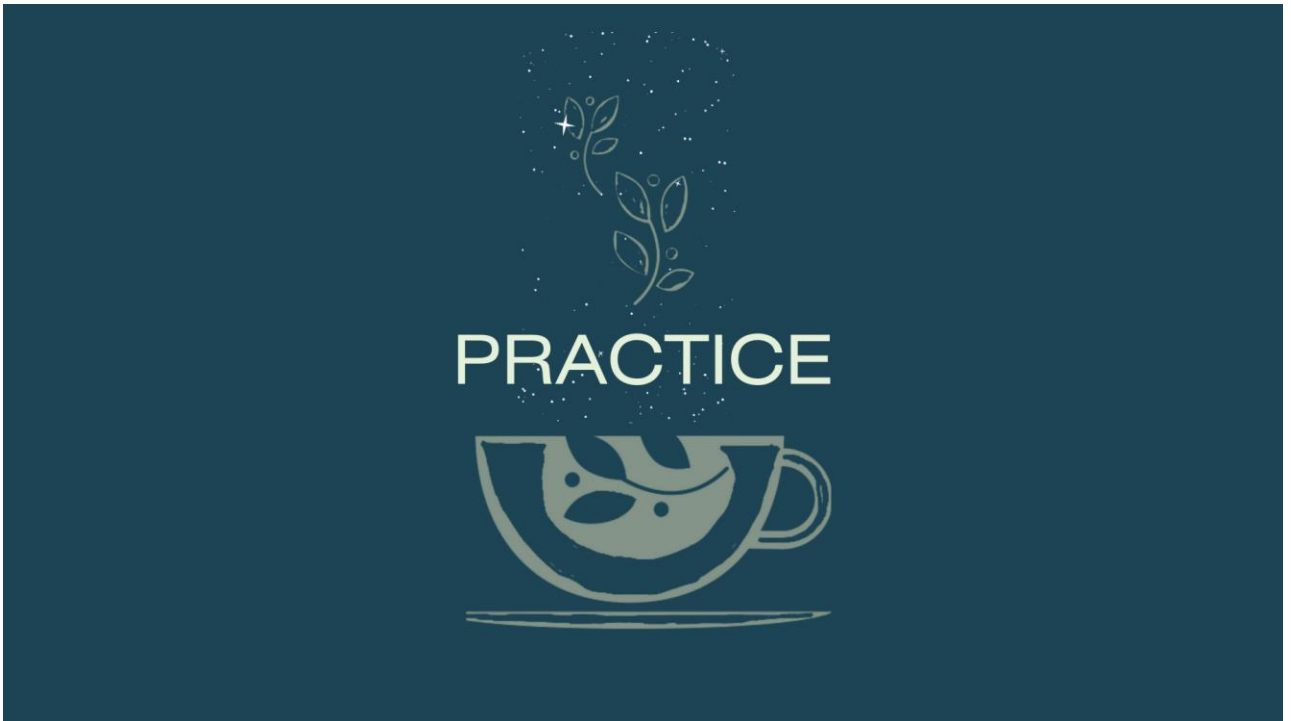


Self-Isolation



Rumination

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Self-Compassion



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REVIEW	
Compassion Scenario	✓
Compassion Quiz	✓
Practice	✓
How compassion works in the body	✓
Practice	✓
SELF-COMPASSION	✓
Practice	✓
	

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Insights & Action



*thank
you*

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**Whole-Person
Coaching**

Nourish to Flourish

Mindfulness @ Work



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