

# Cultivating Self-Compassion

after a Cancer Diagnosis



Self-compassion involves generating kindness toward ourselves and learning to be present with greater ease when facing life's challenges. Research has shown that practicing self-compassion lessens anxiety and depression; it turns out that how we treat ourselves makes a significant difference to our well-being and this may be especially true when dealing with the many challenges that come with a cancer diagnosis. Even though we often feel compassion when someone we are close to is struggling, we may find it hard to give ourselves the same caring attention when we need it the most. **This free course is a 6-week, live on-line workshop** based on the groundbreaking work of Kristin Neff and Christopher Germer. Through short talks, group discussions, experiential exercises and home practices, participants will gain practical skills for bringing more self-compassion into their daily lives.

**First session Wednesday 4/28/21: 10am-noon**

**Following sessions (5/5, 5/12, 5/19, 5/26 & 6/2/21): 10:30am-noon**



Cancer Institute at  
Johnston-Willis Hospital

A Campus of CJW Medical Center

*Space is limited, registration is required*

To learn more about this workshop contact

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