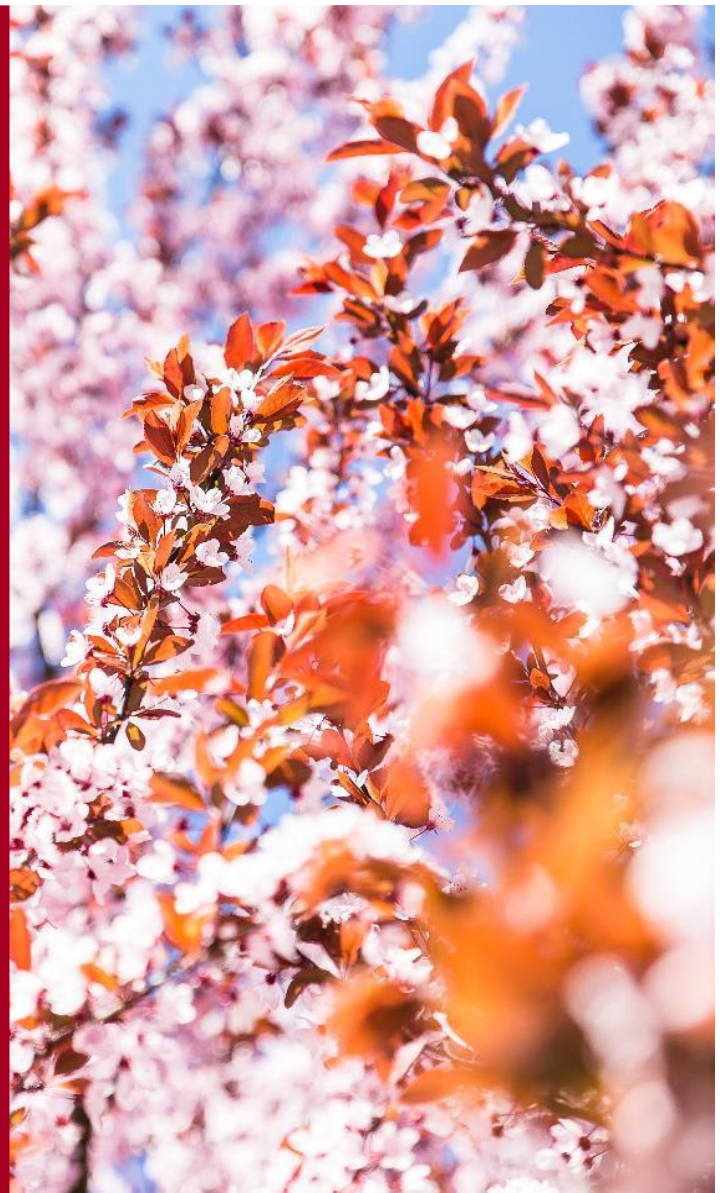


MARCH TO SAFETY

CULTIVATING SELF-  
COMPASSION  
PRACTICE SESSION

29<sup>TH</sup> MARCH 2023,  
3PM-4PM



This session will explore through gentle movements what it means and how it feels to cultivate self-compassion.

The session will include a viewing of 'Getting To Know Your Brain - Understanding Stress and Self-Criticism' [Self-Compassion Animation - YouTube](#)



Facilitated by Justine Brown, Health Improvement Team

To Register for the Session Click [Here](#)



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