

## TRY THIS MINDFULNESS EXERCISE

### COMPASSIONATE BEING

Pause. Breathe.

Put a loving arm around yourself, or place one hand in the palm of the other. Let go of self-criticism and fear, tension and emotional strain. Surround yourself by the warmth of your own loving kindness. Try to remember to extend loving tenderness towards yourself.

Find out more visit:  
[northumbrianhsstaffwellbeing.co.uk/  
mental-wellbeing](http://northumbrianhsstaffwellbeing.co.uk/mental-wellbeing)

