

# BEING KINDER TO OURSELVES: BEGINNING SELF CARE AND SELF COMPASSION

**This free series of workshops is for health and social care staff when managing fatigue, burnout and stress**

Two theory-based workshops will be followed by two practical sessions which include gentle movement and breathwork. By the end of the workshops, participants will be able to:

- Identify how they can practice self-care and resilience
- Implement different techniques which benefit their wellbeing in their own time
- Connect with their breath and body through somatic techniques

**4 Weekly Workshops**  
**21st April - 12th May**  
**11 AM - 12 PM**

**0118 9373945**

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