



My Dear Readers, it has been a minute since we've connected. Let's examine one of the most expensive and exquisite fruits of the human experience.

Self-COMPASSION

We don't talk a lot about compassion, however, one of the best ways to start showing up for your emotions is through the use of compassion. It has become widespread these days to complain about how self-centered people are. Too many of us are self-absorbed, self-seeking, and self-serving or so the story goes. However, the truth be told as self-oriented as we might be, most of us are extremely hard on ourselves.

It is time to be warm and understanding toward yourself, rather than being overly self-critical. We must recognize that suffering and personal inadequacy are part of the shared human experience rather than feeling isolated by our imperfections. LOVE YOU FIRST, knowing that another person's love is EXTRA!



Saturated?



Feeling saturated often refers to feeling overwhelmed or mentally exhausted, typically due to an overload of information, responsibilities, or emotional stress. Here are a few strategies that can help:

- ✚ **Take breaks:** step away from tasks or the environment for a few minutes to clear your mind.
- ✚ **Prioritize and Simplify:** identify the most critical tasks and focus on them, breaking larger tasks into smaller, manageable steps.
- ✚ **Physical Activity:** engage in physical activities like walking, yoga, or exercise to relieve tension.
- ✚ **Self-compassion.** Be kind to yourself- Allow yourself time to recharge.
- ✚ **Healthy lifestyle-** Ensure you're getting enough sleep, eating well, and staying hydrated.

PAY ATTENTION!

Jake was admitted to the hospital with a severe foot ulcer. He reported feeling increasingly fatigued over the past few months, with frequent urination, excessive thirst, and blurry vision. His blood glucose levels had been consistently high despite being on oral hypoglycemic agents. During his hospital stay, Jake expressed regret, stating, "I wish I had paid more attention to my health earlier" It was a task to navigate the feelings of frustration, but with counseling and support, he was able to manage the feelings and gain a positive outlook on managing his diabetes.

Helping professionals.... Compassion is the HEART of healthcare. Every act of kindness and understanding you offer not only heals the body but also lifts the spirit, guiding patients toward hope and recovery"



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