



UCI FACULTY WELLNESS **SELF-COMPASSION** FOR HEALTHCARE COMMUNITIES

with Amy Noelle, MPT

FREE mindfulness courses for faculty physicians and nurses.

LIVE ONLINE

September 24 - October 29, 2022

Saturdays, 9:00-10:00 AM

This adaptation of the evidence-based Mindful Self-Compassion (MSC) program aims to improve wellbeing and resilience by teaching skills to respond to distressing emotional situations. As opposed to other self-care techniques, self-compassion can be used on the spot, both at work and at home. The myriad of personal practices support us in meeting our own suffering in loving, transformative ways.



REGISTER BY
SEPTEMBER 16, 2022

SCAN THE QR CODE OR
[LINK HERE](#)



UCI FACULTY
WELLNESS PROGRAM