



# Mindful Self-Compassion

Hosted by *Stir It Up* Radio Show on WHCJ (90.3FM)



MSC combines the skills of mindfulness and self-compassion to enhance our capacity for emotional wellbeing.

Join us for a 12-month long radio journey on WHCJ (90.3 FM), the radio station of Savannah State University, to learn how to bring loving awareness to ourselves and our experiences, and develop a warm, connected presence during difficult moments in our lives.

**WHEN:** Every 2nd Friday of the month at noon, starting September 13th, 2019

**WHERE:** WHCJ (90.3 FM), *Stir It Up* Radio Show, [www.savannahstate.edu/whcj/](http://www.savannahstate.edu/whcj/)

## What will you learn?

- Practicing mindfulness and self-compassion in daily life
- Using self-compassion to live in accord with your values
- Handle difficult emotions with greater ease
- Motivate yourself with kindness rather than criticism
- Practice the art of savoring and self-appreciation
- Work with challenging relationships

MSC is developed by the Center for Mindful Self-Compassion through the clinical expertise of Dr. Christopher Germer and Dr. Kristin Neff, and locally provided by **Prevent Suicide Today** at [www.chathamshsafety.net.org/suicide-prevention/](http://www.chathamshsafety.net.org/suicide-prevention/)

For more information, please contact Jacqueline Awe at (912) 358- 3114.