

CALENDAR

NOVEMBER 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|--|--|---|---|
|  | | | | | 1 What Día de Muertos Can Teach Us About Healthy Grieving | 2 |
| 3 Let's talk about self-compassion | 4 Self-compassion isn't selfish. | 5 Stress Awareness Day Learn more | 6 How Self-Compassion Can Help You Deal With Stress | 7 Self-Compassion Test | 8 These are the three main elements of compassion: mindfulness, common humanity, and kindness. | 9 |
| 10 More about self-compassion. Dump Your Inner Drill Sergeant. | 11 Practice these 6 Self-Compassion Exercises | 12 Social Media Kindness Day. | 13 World Kindness Day. | 14 Spreading Kindness Is a Choice That Takes Strength | 15 What is loving-kindness meditation? Learn more here | 16 Guided Meditation Loving Kindness for Self-Compassion |
| 17 Self-talk: What is it? | 18 Positive & Negative Self-Talk | 19 Learn More about self-talk | 20 How do you stop negative self-talk ? | 21 Finding Our Positive Self-Talk | 22 Practice these 6 Self-Compassion Exercises | 23 Fierce Self-Compassion Self-compassion Infographics |
| 24 What does emotional regulation mean? | 25 Surfing Waves of Emotion Through Emotional Regulation | 26 5 Best Books on Self-Compassion | 27 Journal Prompts For Self-Compassion | 28 What is Co-regulation? | 29 Watch 'Wonder' Wants Us to Choose Kindness | 30 |

IT'S COMING TO YOUR INBOX!

