

Quick Post #2- Mental Health Awareness Month

Taking care of yourself includes accepting where you are, and building yourself up. We are able to grow stronger and can navigate uncertainty when we love and support ourselves. Ask yourself, what would I tell a friend? Is this thought really accurate? Is it always true? Are there other factors at play? Is this thought helpful? Try this 15 minute meditation that focuses on self-love and kindness from the Greater Good in Action Science Center.