

Self Compassion Group

- Are you self critical or perfectionistic?
- Do you compare yourself unfavourably to others?
- Do you worry you're not "good enough"?
- Do you often feel ashamed or guilty?
- Do you put too many unrealistic demands on yourself?
- Do you think taking breaks means you are "lazy"?



Would you like to understand more about out why we criticise ourselves, what striving for perfectionism costs us, what self-compassion means and how we might cultivate it for ourselves?

If this sounds like you, then you may be interested in our Self Compassion Group.

The group runs for 6 weeks at a time every **Tuesday afternoon**.

The group will be in person at the **Mile End campus (Graduate Centre, room GC214)** and will involve myth busting,

group discussions, in-session exercises and between-session exercises.

If interested, contact welfare@qmul.ac.uk for more information and upcoming dates.

The group will be a **safe and confidential** space (maximum 12 people). Please ensure you can attend all 6 sessions before registering.