



Be kind to yourself

Treat yourself with understanding and acceptance, instead of judgment or criticism; That’s self-compassion in a nutshell. It’s a powerful force on your wellness journey, helping you recognize that no one is perfect.

You’ll have ups and downs on your journey, and you might think tough love will help you focus, but self-criticism can actually lead you to feel less focused and less confident. When you’re kind

to yourself, research shows, you tend to have greater well-being. You also take care of yourself in healthy ways, like eating well and moving more. What’s more, self-compassionate people are more likely to maintain their weight loss.

WHAT TO DO

Be a friend to yourself

The next time you’re struggling, consider how you’d treat a friend in that situation and treat yourself the

same way. (It sounds simple, but it can take practice until it comes naturally.)

1. Think about times when you’ve felt bad about yourself. What do you typically say to yourself?
2. Now imagine that a close friend feels bad about themselves or is struggling in some way. What would you say to them?
3. Is there a difference? If so, why? Think about what might change if you treat yourself as a friend.

What it sounds like (and feels like) when I talk to myself as a friend:



Gnocchi with baby broccoli, chili & lemon

Prep 15 min | Cook 5 min | Serves 4



- 1 lemon
- 1 pinch salt
- 2 bunches baby broccoli, cut into thirds
- 450 g (1 lb) refrigerated or shelf-stable potato gnocchi
- 1 medium fresh red hot chili pepper (remove seeds if you want less heat), finely chopped
- 115 g (4 oz) roasted red peppers (packed in water), cut into strips
- 15 ml (1 Tbsp) extra-virgin olive oil
- Salt and pepper to taste (optional)

1. Zest and juice lemon; set aside.

2. Bring a large saucepan of salted water to a boil; add broccoli and boil for 1 minute. Add gnocchi; boil for 2-3 minutes or until broccoli is just tender and gnocchi are tender. Drain; return to pan with chili, lemon zest and juice, peppers, and oil. Season with salt and pepper (optional); toss to coat.

SERVING SIZE: about 500 ml (2 cups)



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Vegan Gluten-free Nut-free Dairy-free

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