Text

Description automatically generated

**ADD YOUR WORKPLACE WELLNESS TITLE HERE**

Add your workplace wellness information here! Here are a few ideas that you might include:

* Information about upcoming wellness initiatives or challenges in your workplace;
* Highlight services related to the theme, like your EFAP or ASEBP benefits;
* Share inspirational wellness quotes;
* Feature dates for wellness events happening in your community; or
* Browse through [wellness.asebp.ca](https://wellness.asebp.ca) for even more ideas!

RELATED RESOURCES:

Interested in learning more about supporting self-compassion? Check out the following resources:

**Article:** Bob Needham, from the Ross School of Business, provides insight as to why [Self-Compassion Helps Leaders – And Their Workers](https://michiganross.umich.edu/news/self-compassion-helps-leaders-and-their-workers).

**Blog:** The Center for Compassionate Leadership shares how to weave compassion into action with the blog, [Compassion is a Verb](https://www.centerforcompassionateleadership.org/blog/compassion-is-a-verb).

**Infographic**: This [infographic](https://www.thepeoplespace.com/brand/articles/10-questions-leaders-should-ask-if-they-want-foster-compassion-workplace-infographic) asks leaders 10 questions to help foster a culture of compassion.

**Podcasts:** [Mindfulness For Beginners](https://anchor.fm/shaun-donaghy/) has a podcast for those just starting their mindfulness journey aimed to support a calmer, happier, and kinder world.