Employee Wellness Toolkit | April 2025  
**Premera Plan Members**

**EMAIL ARTICLE**

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A person with a beard smiling

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**The Benefits of Self-Compassion**

We often extend kindness to others, but how often do we show the same compassion to ourselves? Studies show that practicing self-compassion can result in benefits such as reduced stress and anxiety, increased motivation, and improved resilience.

Here are some ways you can practice self-compassion:

* **Speak to Yourself Kindly:** Try to reduce or eliminate negative self-talk. It’s easy to fall into self-criticism when we make a mistake, but over time, this habit can lead to decreased self-esteem. Instead, replace self-criticism with supportive words. After all, everyone mistakes, and you are no different.
* **Acknowledge How You Feel:** We often push our own feelings to the side, especially during work or other busy situations. Negative emotions, such as stress, frustration, or sadness should be expressed and acknowledged without self-judgement. Recognizing your emotions helps you process them more effectively.
* **Practice Mindfulness:** Try to set aside a few minutes at the end of your day to be present and observe your thoughts and feelings without judging or analyzing them. This can be practiced as a form of meditation as well.
* **Take Guilt-Free Breaks:** Rest is essential, not a reward. Give yourself permission to pause and recharge when necessary, and set boundaries if others are encroaching on your rest time.
* **Prioritize Self-Care:** Even though it might sound obvious, sleep, diet, and exercise are important forms of self-care that will help you foster a more compassionate mindset towards yourself.
* **Treat Yourself Like a Friend:** If you don’t know where to start, or if you have trouble with the above methods, a simple rule of thumb is to set a standard for self-talk that you would with a loved one. If you wouldn’t use harmful language with a loved one in a moment of failure, you shouldn’t use that language with yourself in private moments either.

Remember, self-compassion isn’t about making excuses, it’s about treating yourself with the same understanding and care that you’d offer to someone else. By treating yourself with kindness, you’ll be better equipped for life’s hardships and difficulties.

**RESOURCES FROM BHS (enter BHT in employer ID to read)**

[Finding Fulfillment](https://cdn.behavioralhealthsystems.com/wp-content/uploads/20250303113814/2025-03.pdf)

**WEBINAR FROM BHT**

[Unlocking a Positive Mind: Is Your Mind Full or Are You Mindful?](https://businesshealthtrust.com/webinar/unlocking-a-positive-mind-is-your-mind-full-or-are-you-mindful/)

**ALWAYS THERE FOR YOU** | Your Mental & Behavioral Health Benefits

Don’t know where to start? **Call Behavioral Health Systems at 888-720-5237** to talk with a trained counselor 24/7, 7 days a week, 365 days a year.

* **Boulder:** Video visits and messaging with a therapist for treatment of opioid and alcohol use disorders. [boulder.care/getstarted](https://www.boulder.care/get-started)
* **Doctor On Demand:** Video and phone-based primary/urgent care and mental health therapy. [doctorondemand.com/premera](https://www.doctorondemand.com/premera)
* **TalkSpace:** Video and phone-based mental health therapy. [talkspace.com/premera](http://talkspace.com/premera)

**SLACK OR TEXT MESSAGE**

*Use this copy to send a group message to your team through Slack, text, or other messaging platform*

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**RESOURCES**

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**Help is a phone call away.**

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