A CALL TO BE KIND

A Week of Compassion

The theme of this year's Mental Health Week is "Healing through Compassion." Throughout the week, we encourage you to practice compassion by not only acknowledging suffering but actively demonstrating care and kindness. Compassion can start within yourself and expand to those around you, reaching as far as everyone in Canada. Examples might include giving yourself a compliment, helping a family member, or volunteering in your community. To help you document your efforts, we created this one-page journal where you can record your daily compassionate actions (feel free to repeat this exercise throughout the year!).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY

FRIDAY	SATURDAY	SUNDAY

As you journey through the week, we encourage you to reflect on the questions below. You are welcome to write down your thoughts, engage in quiet reflection, or share with a friend.

1. **What have you learned about compassion this week? How do you typically treat yourself when you make a mistake or experience failure? Compare this to how you would treat a loved one.**
2. **Consider any challenges you met while practicing compassion. How might overcoming these challenges contribute to your personal growth and ability to empathize with others?**
3. **Think about all the ways you showed kindness to yourself and others and how that felt. How can you incorporate compassion into your daily routine going forward?**

Compassion is contagious: Inspire your community to cultivate compassion by sharing this journal or showcasing your actions on social media (don't forget to tag us! **#CompassionConnects #MentalHealthWeek).**