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# UNIARTS HELSINKI

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# The Power of Mindful Self-Compassion and Wellbeing for Students



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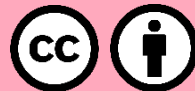
- **Challenges of Student Life:**  
**Hectic schedules, deadlines, and stress can feel overwhelming.**  
**Feeling of uncertainty, fear, and self-criticism are common.**



## **How Mindful Self-Compassion can help:**



- **A powerful tool for resilience, emotional balance, and self-awareness.**
- **Encourages holistic well-being (emotional, mental, physical).**
- **Fosters a positive mindset and greater productivity.**



# Key Practices for Building Resilience & Self-Compassion



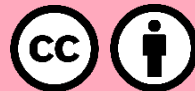
## **Self-Compassion Practices:**

- **Replace negative self-talk with positive affirmations.**
- **Reflect on your achievements regularly (e.g., “Today, I finished the paper!”).**
- **Be kind to yourself when facing failure or setbacks.**

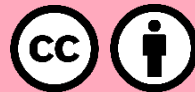


## **Resilience & Optimism:**

- **Cultivate a growth mindset and embrace challenges.**
- **Be optimistic: See troubles as temporary, controllable, and specific.**
- **Studies show optimists live longer, are more successful, and have better relationships.**



# Mindfulness, Goals, and Healthy Relationships



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## **Mindfulness & Digital Detox:**

- **Practice mindfulness to reduce stress and increase clarity.**
- **Set aside time for digital detoxes and mindfulness exercises.**



## **Healthy Relationships & Collaboration:**



- **Engage in meaningful conversations and appreciate others.**
- **Build healthy relationships that support learning and creativity.**





## **Set & Achieve Goals:**

- **Set both long-term and small, achievable goals to stay motivated.**
- **Track progress and celebrate each step forward!**





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