

The scale of tragedy is difficult to comprehend, as our brains struggle with compassion fatigue and numbing. We hear from Paul Slovic, a psychologist and researcher studying decision making ...

Observed every year on July 24 to highlight the importance of self-care as the foundation of health and well-being. The date -- 7/24 -- is a symbolic reminder that self-care should be practiced ...

Navigating Compassion: Sailor Honored for Transforming a Journey into a Lifeline Behind the scenes, Fairman assumed every role: skipper, engineer, communicator, host, fundraiser, and ...

What is mindful self-compassion? Mindful self-compassion (MSC) is a research-backed approach that combines mindfulness and self-compassion to strengthen emotional well-being and resilience. MSC helps you to meet life"s challenges ...

But as neuroscientist and recognized compassion leader Dr. James Doty reveals, manifestation introduces us to different possibilities, and it lays the groundwork for a kinder, better world. Doty grounds us in the practices that ...



Compassion uk website

Web: <https://www.ekusenitours.co.za>