

WEBINAR

GET SUMMER READY: TURN SELF-CRITICISM INTO SELF-COMPASSION

WEDNESDAY, JUNE 7 | 12:00 PM CT

Research shows that the more we practice accepting ourselves as we are, the easier it becomes to make – and maintain – healthy changes. But the lighter layers that come with the summer season (we’re looking at you, tank tops, shorts, and swimsuits) can be stress-inducing, especially in a society that promotes unrealistic standards for “perfect” bodies. Clinical psychologist and Wondr Health instructor Dr. Dana Labat will share strategies to help you move from body negativity to body neutrality – and eventually body positivity. See how you can level up your self-talk to strengthen your body image, as well as get practical, in-the-moment tools you can take to the beach, at the pool, in a dressing room, or anywhere in between.

You’ll learn:

- Learn how to switch up your self-talk to better support a healthy body image and get comfortable in your own skin.
- See how you can use self-compassion to balance out the habit of self-criticism and constant comparisons to others.
- Try on in-the-moment techniques for taking “dressing room stress” down a notch as you begin to appreciate all your body does for you every day.
- Redefine your own summer to focus on the activities and people you enjoy most this time of year.

Register today at:do.wondrhealth.com/GetSummerReady**REGISTER****Learn more about Dr. Dana Labat at do.wondrhealth.com/instructors**