

**\*\* New run starting on Mondays in March, by popular demand! \*\***



Health & Wellbeing  
Office of the President

# From Self-Criticism to Self-Compassion

Do you tend to be hard on yourself?  
Previously known as "I Am Enough: A Journey to Self-Compassion", this **5-session group therapy for full-time NUS Postgraduate students** is a space to explore why self-criticism shows up, and how to shift toward self-kindness.

## Details of the Group Therapy:

- **Location:**
  - University Counselling Services (UHC Level 2)
- **Day/Dates:**
  - Mondays
  - 2, 9, 16, 23 & 30 March 2026
- **Time:**
  - 2:00PM to 4:00PM

(Attendance is **highly encouraged** for all 5 sessions.)

Through guided discussions, reflective activities, and practical tools, this group will explore:

- **Why we self-criticize and how it affects us**
- **What self-compassion really means**
- **Skills to respond to inner struggles with kindness instead of judgment**
- **Ways to build daily habits of self-care and emotional resilience**

Whether you're feeling stuck, burnt out, or simply curious about growing your emotional wellbeing, this is a space to connect, share, and heal, together.

**Full-time NUS Postgraduate (PhD & Masters) students, click [HERE](#) to express your interest & join the group!**

Registration closes by 22 Feb 2026 (or earlier if all spots are filled). Only shortlisted participants will be contacted.

