

3 ways to practice self-compassion

Being kind to yourself helps you stick with healthy habits. And it helps you be there for everyone else, too.



1 Be your friend.
Use kind words in your self-talk, like you do with people you love.

2 Celebrate the small wins.
Did you pack lunches this week, or make a healthier food swap?

3 Check in when you're stressed.
Ask yourself, what do I need now? What will help?

Pro tip

WeightWatchers® is here for you. The program is all about finding healthy habits that make you happy. When you join, the award-winning WW app connects you with recipes, activity tracking tools, and a members-only support squad.



Deviled Egg Lunch

Ready for a new healthy habit? Try packing a balanced lunch that will help you feel energized all day. This easy [Lazy Deviled Egg Snack Lunch](#) is a great place to start!

**Free
webinar**
gets you on
a roll with
healthy habits!

Are you ready to jump into healthier habits, and looking for tips on how to keep the goodness going?

This free WeightWatchers webinar has the info you need: **Momentum: The secret to maintaining your healthy habits.** Watch [here](#).

You get special pricing!

Join WeightWatchers through your employer today.

Contact your HR representative or call WW at 866-204-2885 for assistance.