**Women’s History Month, Self-Compassion and Inner Well-Being: A Practical Guide: *Honoring Florence Nightingale, Founder of Modern Nursing with Wendy Figone***

Celebrate Women's History Month by honoring Florence Nightingale, the founder of modern nursing, and delving into the role of compassion in self-care. As empaths, caring for others begins with nurturing ourselves. Florence's lamp light symbolizes our vital energy, encouraging us to keep it bright through regular self-assessment of our needs and proper sleep hygiene.

Self-Assessment Reminder:

Post this list of human needs in your home for a gentle self-check: [Human Needs](https://www.nycnvc.org/needs)

Self-Compassion Exercise:

* Find a comfortable position, seated or lying down.
* Place right hand over heart, left hand on stomach.
* Take 5 deep breaths, settling into your body.
* Visualize a warm lamp over your heart, softening with each breath.
* Think of someone you deeply care for. Send care for 5 minutes.
* Let that love flow back into your heart for 5 minutes.
* Take 10 diaphragmatic breaths, focusing on inhales and slow exhales.
* Reflect or journal on the experience.
* Recommended Resources for Self-Compassion:
* [Kristen Neff](http://tinyurl.com/53mffzk6) - Explore self-compassion practices.
* [Rick Hanson](http://tinyurl.com/535ww7wk) - Learn about building resilience.

To be our best for others and ourselves, building inner resources is crucial. Explore the links above to deepen your understanding of self-compassion and well-being.

I have found that proper sleep is fundamental to creating inner resources. [The Sleep Journal by Habit Nest](https://www.amazon.com/s?k=the+nutrition+sidekick+journal&hvadid=345551969440&hvdev=c&hvlocphy=1014036&hvnetw=g&hvqmt=e&hvrand=17316858026403605055&hvtargid=kwd-671665807141&hydadcr=4026_9615497&tag=googhydr-20&ref=pd_sl_4hjnbxysv_e) is very helpful in improving sleep hygiene.

*Let Florence's legacy inspire a commitment to self-compassion and care.*