

SELF - COMPASSION: A BETTER WAY TO TREAT YOURSELF Webinar

Thursday May 21, 2026

11:30 am - 12:30 pm HST

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/y2ar-fJIQI2I608nWABsMg>

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Watson Caring
Science Institute
Postdoctoral Scholar

The Hawaii Association of Professional Nurses
WCSI Caring Science Regional Consortia

Presents:

Evidence-Based Micro-Practices For Self-Care

A review of mindful self-compassion interventions in nurses found medium-to-large benefits for self-compassion, vicarious trauma, burnout, compassion fatigue, with high adherence. Self-compassion programs for nurses also found reductions in burnout and depressive symptoms and increases in self-compassion and quality of life and improved delivery of care. The evidence supports short, structured self-compassion practices as a practical way to lower stress and promote well-being.

Observe, discern without judgement

Name the feeling that arise kindly

Polyvegal approaches to support recovery from stress

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After registering, you will receive a confirmation email containing information about joining the meeting.