

# Be kind to yourself

Ready to build healthy habits?  
WeightWatchers® is here for you.

## 3 ways to practice self-compassion

Because being kind to yourself can help you stick with healthy habits.

- **Be your friend.**  
Use kind words in your self-talk, like you do with people you love.
- **Celebrate the small wins.**  
Did you pack lunches this week, or make a healthier food swap?
- **Check in when you're stressed.**  
Ask yourself, what do I need now? What will help?

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**special pricing**  
through  
CommonHealth!



WW member Rosie P.

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All benefits eligible Commonwealth of Virginia employees, spouses, and adult dependents get an exclusive discount