

Thank you so much for subscribing to The Telepsychiatrist Newsletter. I hope you'll find some of this background information interesting.

Episode 6 will be airing today, June 1st at approximately...now! And future episodes will post every three weeks on Wednesday's as that's what my social media people told me :) Speaking of, The Telepsychiatrist Podcast now has its own Instagram account that you can follow. Check it out! <https://www.instagram.com/thetelepsychiatristpodcast/>

In this episode, I interview Colleen O'Brien. She is a licensed therapist and a teacher of Mindful Self-Compassion (MSC.) In fact, she was MY teacher when I took the course for a second time in Chicago. So, needless to say, I'm excited to reunite with someone who really made a difference in my life.

This episode has so many practical tips for how to think about self-compassion and how to be kinder to ourselves. Colleen walks us through a "Self Compassion Break" and I really, really, really, encourage you to do the exercise with me around 12m30s.

I adore Colleen for her "realness" and am attaching a funny little audio clip of us that recorded at the conclusion of our interview. LOL. And a cute pic too!

Remember, you can hear ALL of the episodes by subscribing through google, apple, spotify, or any other podcast platform. For a direct link to the episode, you can click [here](#).

I hope this helps you or someone you know. Please feel free to share.

Best,

Jodi Midiri, MD

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