

**Dr. Dale Atkins,**

Licensed Psychologist, Speaker & Author

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# Kindness & Compassion During Covid 19

## 7 “Sanity Savers™”

- **Self** – *Body, Mind, & Spirit*
- **Support** – *Foster Kindness in Relationships*
- **Surroundings** – *Create Peace*
- **Stimulation** – *Purpose, Meaning, Curiosity*
- **Simplicity** – *Focus on Essence*
- **Savor** – *Appreciate THIS moment*
- **Sustainability** – *Create a Habit of Self-Compassion*

**Dr. Dale Atkins** is a licensed psychologist with 45 yrs of experience as a relationship expert focusing on families, wellness, aging well, managing stress, kindness, and maintaining balance in one's life. Author of 7 books -- most recently, ***The Kindness Advantage: Cultivating Compassionate and Connected Children*** (co-authored with Amanda Salzhauer) as well as many articles and journals for popular and professional audiences, Dr. Atkins lectures worldwide. She created and hosts “Dr. Dale’s Life Issues”, shown on PBS, and The Jewish Television Network, and for the past 17 years, has been a frequent guest expert on NBC’s “TODAY” show. She has a private practice in NYC and is an active volunteer in her community.

Please visit her websites at [www.drdaleatkins.com](http://www.drdaleatkins.com) and [thekindnessadvantagebook.com](http://thekindnessadvantagebook.com) to purchase *The Kindness Advantage*