

# SELF COMPASSION

YOU  
CAN

do something today  
that your future self  
will thank you for

OUR ACTIONS AND DECISIONS TODAY  
WILL SHAPE THE WAY  
WE WILL BE LIVING  
IN THE FUTURE.

## REMINDER

"A moment of self-compassion  
can change your entire day.  
A string of such moments  
can change the course  
of your life." - CHRIS GERMER  
#selfcompassion

## REMINDER

"If your compassion does  
not include yourself, it is  
incomplete."  
- JACK KORNFIELD  
#selfcompassion

# Self-Compassion in Daily Life:

 Center for Mindful Self-Compassion

## PHYSICALLY – soften the body

- How do you care for yourself physically (e.g. exercise, massage, warm bath, cup of tea)?
- Can you think of new ways to release the tension and stress that builds up in your body?

- How do you care for your mind, especially when under stress (e.g. meditation, watch a movie, read a book)?
- Is there a new strategy you'd like to try to let your thoughts come and go more easily?

## MENTALLY – reduce agitation

## EMOTIONALLY – soothe+comfort yourself

- How do you care for yourself emotionally (e.g. pet the dog or cat, journal, cook)?
- Is there something new you'd like to try?

- How or when do you relate to others that brings you happiness (e.g. meet with friends, play a game)?
- Is there any way that you'd like to enrich these connections?

## RELATIONALLY – connect with others

## SPIRITUALLY – commit to your values

- What do you do to care for yourself spiritually (e.g. pray, walk in nature, help others)?
- If you've been neglecting your spiritual side, is there anything you'd like to remember to do?



# 5 Minute Compassion Break

Bring mindful awareness to the fact that you're experiencing some challenging emotions; acknowledge and name them.

- This is a challenging experience right now
- This is really hard right now.
- I'm struggling.

Remind yourself of your common humanity.

- Suffering is a part of life.
- It's normal to feel this way.
- Many people go through challenges.
- Emotions are part of being human

Nurture yourself, maybe put your hand over your heart, soothe yourself with your own gentle touch, using the language you would use with a person, child, or animal you love.

- May I be kind to myself at this moment
- I'm here for you.
- It's going to be okay.
- I care about you.

Check back in with your emotions and sensations.  
Allow yourself to be just as you are  
before you come back.

REMIN

"This is a moment of suffering.  
Suffering is part of life.  
May I be kind to myself in this  
moment. May I give myself the  
compassion I need."

- KRISTEN NEFF

#selfcompassion

REMINDER

"Self-compassion is simply  
giving the same kindness to  
ourselves that we would give  
to others."

- CHRIS GERMER

#selfcompassion

# What Self Compassion is not:

1 a form of self-pity

2 a sign of weakness

3 self indulgent

4 being passive

5 being selfish

