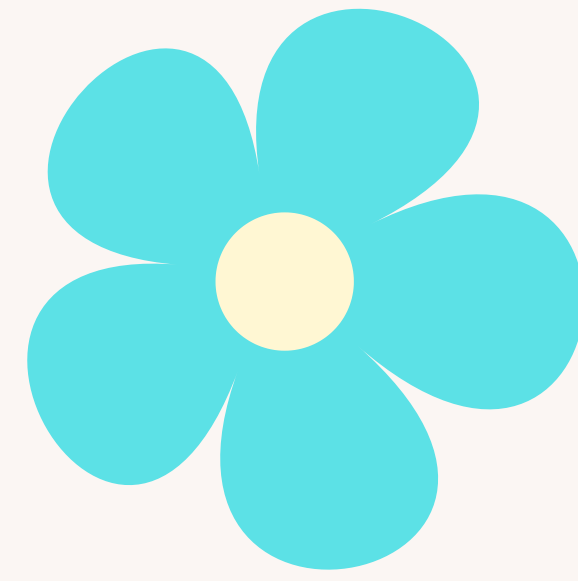


SELF- COMPASSION



LOOK LIKE

Mindfulness

Being aware of what is happening in the present moment. Not worrying about the past or future, just being present with what is. Noticing our thoughts, emotions, and physical sensations, without judgement.

SOUNDS LIKE

Common Humanity

We're human and in this together

To be human is to experience suffering. Common humanity helps us notice when our internal voice says, "There must be something wrong with me, I'm the only one who feels this way." In reality, we all struggle, nobody is perfect, & failure is a part of learning. We're not alone in our suffering.

FEELS LIKE

Kindness

Safe, nurtured, cared for

Compassion means to "suffer with". Being kind to ourselves is giving ourselves the same treatment we would offer to a friend. What would I say to a good friend who is struggling in the same way? We can challenge ourselves and honor our limits.

ASK YOURSELF

"What is good for me?" / "What do I need right now?"

"How can I comfort and care for myself in this moment?"

"What thoughts am I having?" / "What emotions am I feeling?"

"What sensations do I feel in body?" / Notice that. What happens next?

TELL YOURSELF

"I am not perfect and that's okay." / "I make mistakes and that's okay."

"This feeling is temporary." / "I can ask for help."

"I am not alone in this. Others experience this too." / "I can be brave."

"I am proud of myself for getting this far."