



SELF COMPASSION PRACTICE

Use this simple Self Compassion Practice to hit the PAUSE button on the dashboard of your nervous system. This practice will unhook you from a stress response, creating the space to be soothed and strengthened and grow your resilience.

STEP 1: BREATH



Pause, drop your breath into your low abdomen. Breath slowly, deeply and smoothly 3 times.

STEP 2: FEEL IT



Think of a situation in your life that is stressful or painful for you. Bring the situation to mind, and see if you can actually feel the stress and emotional discomfort in your body.

STEP 3: NAME IT



Using your name, say: _____ this is a moment of suffering

Other options include: This hurts, Ouch, I feel so stressed

STEP 4: LINK TO THE COLLECTIVE



Say: Suffering is a part of life

Other options include: Other people feel this way, I'm not alone, We all struggle in our lives.

Now, bring in some soothing touch. Gently cradle your cheeks, put your hands over your heart or give yourself a gentle hug or choose another way to connect with soothing touch. Feel the warmth of your hands soothing your body.

STEP 5: MANAGE YOUR MIND



Say: May I be kind to myself

Other ways to speak into this include: "May I give myself the compassion that I need, may I learn to accept myself as I am, may I forgive myself, May I be strong, may I be patient".

This practice can be used any time of day or night, and will help you remember to evoke the three aspects of self-compassion when you need it most.