EXERCISE | SELF-COMPASSION BREAK

Think of a situation in your life that is difficult, that is causing you stress. Call the situation to mind, and see if you can actually feel the stress and emotional discomfort in your body.

Now, say to yourself:

1 | THIS IS A MOMENT OF SUFFERING.

That's mindfulness. Other options include:

- This hurts.
- Ouch.
- This is stressful.
- This is overwhelming.

2 | SUFFERING IS A PART OF LIFE.

That's common humanity. Other options include:

- Other people feel this way.
- I'm not alone.
- We all struggle in our lives.
- We all make mistakes.

Now, put your hands over your heart, feel the warmth of your hands and the gentle touch of your hands on your chest. Or adopt the soothing touch you discovered felt right for you.

Say to yourself:

3 | MAY I BE KIND TO MYSELF

You can also ask yourself, "What do I need to hear right now to express kindness to myself?" Is there a phrase that speaks to you in your particular situation, such as:

- 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 may 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.

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