

## SELF-COMPASSION BREAK

When you notice that you're feeling stress or emotional discomfort, see if you can find the discomfort in your body. Where do you feel it the most? Make contact with the sensations as they arise in your body.

Now, say to yourself, slowly:

### 1. ***This is a moment of suffering***

That's mindfulness. Other options include:

- *This hurts.*
- *This is tough.*
- *Ouch!*

### 2. ***Suffering in a part of living***

That's common humanity. Other options include:

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

Now, put your hands over your heart, or wherever it feels soothing, feeling the warmth and gentle touch of your hands.

Say to yourself:

### 3. ***May I be kind to myself***

See if you can find words for what *you need* in times like this. Other options may be:

- *May I accept myself as I am*
- *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 safe*

(pause)

If you're having trouble finding the right language, sometimes it helps to imagine what you might say to a dear friend struggling with that same difficulty. (pause)  
Can you say something similar to yourself, letting the words roll gently through your mind?