

## **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:

- “This is a moment of suffering”
  - That’s mindfulness. Other options include:
    - This hurts.
    - Ouch!
    - This is stressful
- “Suffering is part of living”
  - That’s common humanity. Other options include:
    - I’m not alone. Others are just like me,
    - We all struggle in our lives.
    - This is how it feels when a person struggles in this way.
- “May I be kind to myself”
  - That’s self-kindness. Other options include:
    - May I give myself what I need.
    - May I accept myself as I am.
    - May I live in love.

If you're having difficulty finding the right words, imagine that a dear friend or a loved one is having the same problem as you. What would you say to this person, heart to heart? If your friend were to hold just a few of your words in their mind, what would you like them to be? What message would you like to deliver?

Now, see if you can offer the same message to yourself.