

IT'S TIME FOR A...

Self-Compassion Break!

Have you had to deal with a situation that caused difficulty and stress in your life? Take a moment for some self compassion.

1 This is a moment of suffering

- ▶ This hurts
- ▶ I feel bad
- ▶ Ouch
- ▶ This is stress

2 Suffering is a part of being human

- ▶ I'm not alone
- ▶ Other people feel this way
- ▶ We all struggle

3 May I be kind to myself

- ▶ May I be strong
- ▶ May I forgive myself



Scan for
more resources

