*Self-Compassion Exercise*

*In tough times, you need to remember to treat yourself with kindness. Speak to yourself in ways that are considerate and compassionate. You are doing your best, and if not, exercises like this one can help redirect you to the direction you want to go in but are maybe too afraid to.*

**Exercise 1:**

Think of something difficult or stressful in your life right now… once you feel this discomfort, say to yourself –

1. *This is a moment of discomfort.*

This mindfulness is healthy. You have survived 100% of your worst days, you can survive this one too.

1. *Making mistakes is part of life.*

Other people feel this way too. You are not alone. This is how you get better and stronger.

1. *I don’t need to punish myself.*

The way I feel is enough for me to learn from this and grow and if possible avoid this situation in the future. I don’t need to make myself feel worse.

**Exercise 2:**

In a slum of negative events and thoughts, self compassion can be difficult. This exercise aims to help you find your self-compassion and identify the good things about yourself that you forgot about.

1. *Write down 1-2 things you forgive yourself for.*
2. *Identify and appreciate your strengths.*
3. *Ensure your needs are being met. If they aren’t, how can you change this?*
4. *What are ways you can rest without guilt?*
5. *Repeat this: My emotions are valid. I appreciate and love myself just as I am.*