

Exercise 2: Self-Compassion Break

Pause... How are you feeling right now in this moment? 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 if I turn towards it I can open my heart and mind with compassion and wisdom

This is a part of mindfulness practice

You might identify; this hurts, this is stress, this is painful, this is distressing etc.

Try not to get caught up in the story surrounding the feelings the key is to listen to the emotions without judgement. It is ok to feel this way your experience is really difficult right now and you like everyone else deserves kindness and compassion.

Often our emotions can have a multi-faceted meaning e.g. feeling anger may have an underlying message of protection or fear. With this wisdom of ourselves we can in time let go.

2. Suffering is a part of life for all humanity

When you feel compassion for another person, it means that you realise that suffering, failure, and imperfection is part of the shared human experience.

It can be comforting to know other people feel this way I'm not alone.

We all struggle in our lives sharing this with others can be very powerful.

Think about the compassion you have for others and consider opening your heart and mind with compassion towards yourself in the same way.

3. May I be kind to myself

Now, put your hands over your heart, feel the warmth of your hands and the gentle touch of your hands on your chest consider this as an act of self-care in the same way you would comfort a loved one.

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

May I know that I am enough

This exercise can be used any time and will help you remember to put into practice the three aspects of self-compassion when you need it most.

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www.self-compassion.org