

Self-Compassion Minute



Step

Purpose

1. Take 2 deep breaths, making your exhalations twice as long as your inhalations.

Calm down by slowing your heart rate.

2. Put your hands over your heart.

Comforting, warm touch, which helps you focus the kindness on yourself.

3. Say to yourself (out loud or in your mind):

"This is really hard. I'm struggling right now."

Be aware of your pain as it is.

"Many mums have been in this type of situation. It's normal to go through this."

Remember your humanity.

"I'll be kind to myself now. It'll be ok."

Show yourself kindness.

4. Take a few seconds to notice the warmth of your hands and the feeling of kindness toward yourself.

Increase awareness of the feeling of self-compassion.