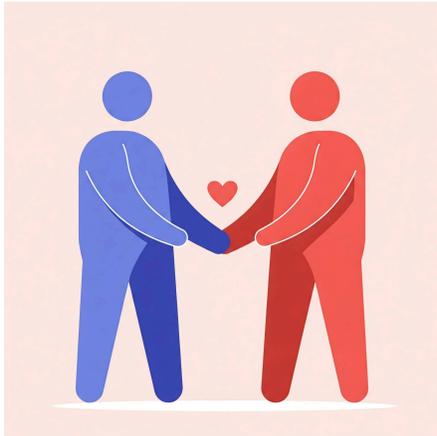


## Self-Compassion Break: Learning to Be Kind to Ourselves



### Why Practice This Tool?

*When we are struggling with difficult thoughts, feelings or situations, we can become very hard on ourselves. We may even say unkind things to ourselves. When we notice that our self-talk is negative and unkind, we can take a self-compassion break to intentionally pause, breathe and use kinder words toward ourself*

**Steps:** *When you notice that you are struggling with stress or a challenging situation, you can take a self-compassion break. First you will need to Pause and orient yourself to the space you are in and find a comfortable seat or lie down.*

1. Think of what's causing you stress.
2. Notice where you feel the stress in your body.
3. Noticing that this is hard, difficult, or painful (without judgment).
4. Recognize that all of us struggle at some point (You're not alone.) By doing this we are recognizing our common humanity.
5. Place your hands over your heart.
6. Say your chosen affirmation to yourself. *(Options include: May I be kind to myself. May I forgive myself. I am doing the best that I can. May I learn to accept myself as I am.)*
7. Continue breathing and repeating these self-affirmations until you notice a shift in your body, heart, or mind.
8. Orient yourself back to the present moment. Notice how you feel now.

Check out this video for a guided practice: [Self-Compassion Break](#)



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