

3 MINUTE DAILY SELF-COMPASSION PRACTICE



3 steps

Standing or sitting
Pause and

I take 3 deep, long breaths

I allow all my weight to drop towards and into the ground

I allow my shoulders to drop and upper body and head to feel light



3 steps

Pause and say:

It's ok to take time to slow down and rest, even just a few minutes many times a day

I am always learning

I am enough



3 steps

Pause and

I name my current emotion (s)

where inside my body is the emotion felt?

I acknowledge and allow my emotion (s) to just be, I don't try to change it



3 steps

Pause, with the inhale and exhale

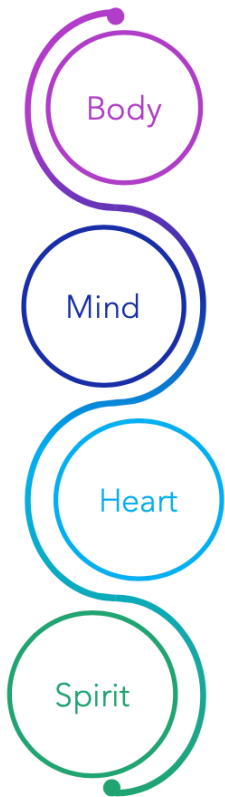
I see, acknowledge and allow what's here and now pleasant or unpleasant, it just is

I accept there are always ebbs and flows around me, it is the rhythm of life

I have gifts unique to me to share with and give to those around me



DAY TO DAY PRACTICE IDEAS



Body

TASK

Walking to the car, bus stop or when in transit I do these practices, safely and with awareness.

TASK

I get up and move often. On a bio break I count for 20 seconds when washing my hands, noticing when I inhale and making my exhalations longer than the inhalation, taking deep long breath.

TASK

I feel my feet as I walk, the outside of my feet, inside of my feet, the sole of my feet, my toes, I notice their micro movements as they connect with the ground.

Mind

TASK

I say to Self: Stop, Pause. I do these practices with awareness. I will get distracted and that's normal. I return again and again to practicing and that's ok.

TASK

I identify and write down thoughts, notice if helpful or unhelpful. How does this thought serve me?

TASK

I will journal my thoughts regularly, notice behaviours (things I say and do) which come with the thought.

Heart

TASK

I pick one (or more) feelings lists or feelings wheel(s), images (Google search). Where can I keep it handy and visible? Printed? On my device?

TASK

I remember and say to myself: the nature of feelings and emotions is to not make sense, and they are agents who look after me using their own language, which I need to learn and get to know.

TASK

I acknowledge and accept my feelings pleasant or unpleasant and they are messengers trying to guide me to an action.

Spirit

TASK

What gets in the way of me being kind to myself and others? How do I know if I am kind or not? What do I say and do? Who can help me notice?

TASK

What is my intention for the day, how will I give? How can I display kindness to those around me today? What will I practice saying and doing?

TASK

What brings meaning and purpose in my life? How can I nurture these every day? Where can I look, who can I talk to for ideas and help if this is hard?