



MINDFUL SELF COMPASSION STEPS



BRING MINDFUL AWARENESS TO CHALLENGING MOMENT

Label the emotion. This is fear/sadness/frustration/anger.
This is a challenging moment in time.



ACKNOWLEDGE COMMONALITY

Suffering and challenging moments are a part of the human
experience. You are not alone.



MINDFUL SELF COMPASSION

Be your own best friend. What would a loved one in the same
situation need to hear to help them get unstuck and move
forward. What helped you in the past when you were going
through challenging times? How can you think differently about
the situation? What's one small step you can take to move
forward.