Self-Compassion Break

When you notice that you’re under stress, see if you can find the stress in your body. Where do you feel it the most? Make contact with the stress as it arises in your body.

Now, say to yourself:

1. *This is a moment of suffering*

   That’s mindfulness. Other options include:
   
   - *This hurts.*
   - *Ouch.*
   - *This is stress.*

2. *Suffering in a part of life*

   That’s common humanity. Other options include:
   
   - *Other people feel this way.*
   - *I’m not alone.*
   - *We all struggle in our lives.*

Now, put your hands over your heart, or wherever it feels comforting, and feel the warmth of your hands and the gentle touch of your hands.

Say to yourself:

3. *May I be kind to myself*

   You can also ask yourself, “What do I need to hear right now?” 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 accept myself as I am*
   - *May I learn to accept myself as I am*
   - *May I forgive myself.*
   - *May I be strong.*
   - *May I be safe*
   - *May I be peaceful*
   - *May we all be kind*
   - *May we life in peace*