

# BE GOOD TO YOURSELF

## SELF-COMPASSION

### 3 COMPONENTS TO SELF-COMPASSION

Kindness & Warmth • Mindfulness • Connection

- 1. KINDNESS AND WARMTH:** Self-compassion boosts your strength to handle tough times in life. It involves self-kindness, avoiding negative self-talk, and giving yourself kind, calming, and supportive words and gestures. It's like being a good friend to yourself.



## SENSORY AWARENESS

Touching your face, resting a hand on your heart, or giving yourself a hug can change your nervous system and have a calming effect.



- 2. MINDFULNESS:** In times of struggle, remember you can be there for yourself and others by staying present in the moment. Recognizing what you are experiencing and feeling helps you to process without judgement.

**BE PRESENT**  
For yourself and others.

Take a self compassion test at [www.selfcompassion.org](http://www.selfcompassion.org)

- 3. CONNECTION:** Self-Compassion recognizes the full range of shared human experiences.



**ASK YOURSELF**  
“How do I treat my self compared to how I treat others?”