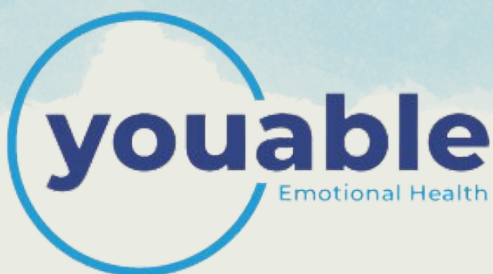


BE KIND
To
YOURSELF





How to practice self-compassion

1. Treat yourself as you would a friend

Think about how you would treat others that you care about. While we can't always take away others' pain or our own, we can validate its existence and lean on support to get through it and grow.

2. Become More Self-Aware

Becoming aware of our internal narratives is a positive starting point for changing our self-talk. When you catch yourself thinking a negative thought like "I'm such a horrible person for getting upset", try turning it around and 'releasing' yourself from the feeling. Instead, try "It's okay that I felt upset".

3. (Re)Gain Perspective

Zoom out to remind yourself once more that you are connected to others. That you are part of a much bigger picture—and adjust your focus accordingly.

Try these affirmations:

I accept the best and worst aspects of who I am.

I am free to let go of others' judgments.

It's safe for me to show kindness to myself.

I'm not the first person to have felt this way, and I won't be the last, but I'm growing.

