

Quick Self- Compassion Micro Exercises

1-3 minute practices for repeat use throughout the day.

1. The Best Friend Shift

Think of your closest friend feeling exactly how you feel right now. What would you say to them?

Write what you would tell a compassionate friend in this moment....

Now turn it inward:

“Say these same words to yourself- out loud if you can”

2. Hand -to - Heart Breath

Place your hands over your heart, close your eyes, and take three slow breaths.

While breathing, repeat:

Inhale: “This is a moment of struggle”

Exhale: “May I be gentle with myself”

3. Kindness Note to Future Self

Write a short message to yourself for later- Something encouraging, reassuring, or understanding

Example: “Hey, I know this is hard. You’re doing your best, and that’s enough.”