

# Compassion for Self Exercise

Compassion practices, offer a powerful way to end your day, especially when reflecting on challenges. These exercises help regulate the nervous system by encouraging you to plan ahead, preparing you to respond to future stressors with clear communication skills, rooted in your personal values, boundaries, and healthy coping mechanisms.

## Step 1: How are you feeling right now?

|             |            |
|-------------|------------|
| Overwhelmed | Sad        |
| Stressed    | Frustrated |
| Tired       | Calm       |
| Anxious     | Peaceful   |
| Anger       | Melancholy |
| Other _____ |            |

## Step 2: Offer yourself empathy

*“This is a moment of struggle. Struggle is part of life. May I be kind to myself in this moment. “*

## Step 3: What is your problem solving solution?

|                                      |
|--------------------------------------|
| Take a break                         |
| Seek support from someone            |
| break the problem into smaller steps |
| Practice Self Care                   |
| Accept what I can not change         |
| Set a boundary                       |
| Other _____                          |