

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_____