



PRACTISING SELF-KINDNESS

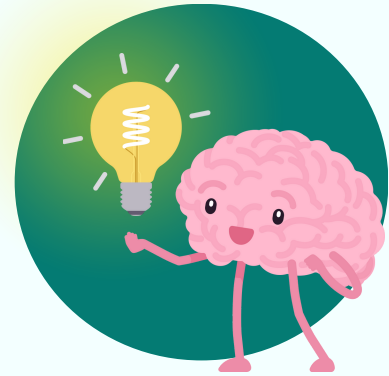


KEY INSIGHTS & SUMMARY

SELF KINDNESS = SELF COMPASSION + SELF CARE

Self Compassion:

the mindful and emotion based practice of showing ourselves support & understanding



what can self compassion look like?



Writing down a list of things you are grateful for. As time goes, acknowledge how this list grows.

Forgiving yourself and understanding that mistakes are a part of growth. **You're only human!**



Engaging in mindfulness practices e.g. meditation or deep breathing exercises.

Paying attention to your inner dialogue.

If engaging in negative self-talk, pause and reframe it to something more positive.



Using affirmations that resonate with you, such as: "I am proud of how I dealt with that".



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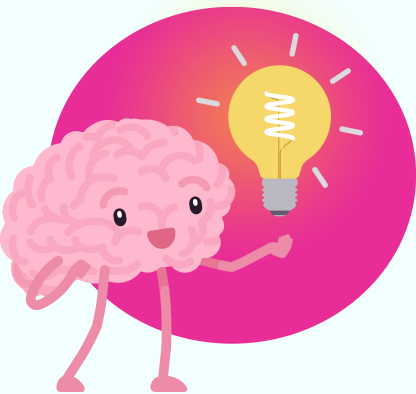


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Self Care:

the more action-based practice of self-love and compassion

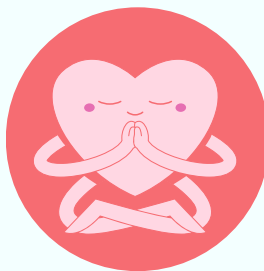
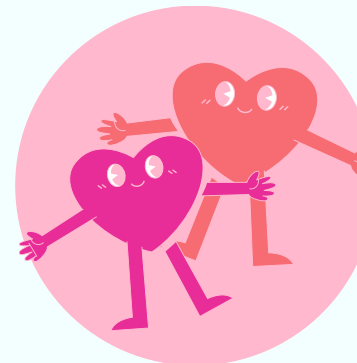


what can self care look like?

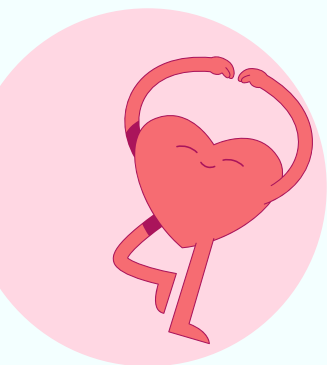


engaging in physical activity

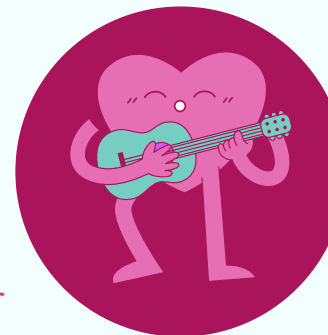
spending time with loved ones



taking time to rest



eating healthy



exploring your hobbies & interests