



Treat yourself like a good friend

Self kindness is a helpful habit to practice daily. Being kind rather than critical towards ourselves when we are suffering helps us manage overwhelming emotions.

Comforting ourselves with kindness turns the volume down on our inner “juTe or critic” and helps us settle our negative thoughts and feelings.

TRY USING THESE FOUR STRATEGIES NEXT TIME YOU ARE EXPERIENCING STRONG EMOTIONS TO HELP YOU TREAT YOURSELF WITH KINDNESS.



1. Pretend you are comforting someone that you love or care about.



2. Change the tone of your self-talk. Choose a tone that is soft, gentle, warm, soothing, or encouraging.



3. Comfort yourself. Kind physical gestures have an immediate soothing effect on our body. Place your hand over your heart. Wrap yourself in a warm blanket.



4. Memorise some self-compassionate phrases to repeat over and over when you need them.

- Today I will treat myself with kindness
- Today I comfort myself with kindness
- May I live happily
- May I live healthily
- May I be happy
- May I live in peace

