

Self-Compassion Break

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



How often do we take pause from the thinking, analyzing, and judging mind to practice self-compassion? For a lot of us, it is easier to cultivate loving, accepting thoughts for another than it is to offer this kindness to ourselves. This practice is an invitation to offer ourselves the same kindness and compassion that we would offer a loved one, helping us to embrace ourselves with love.

PRACTICE:

This exercises can be practiced in two ways. First, you might like to set an alarm for three times in your day. When the alarm goes off, it serves as a reminder to take a self-compassion break. Alternatively, you might simply keep this notion in mind so that you can come to it anytime you are feeling worried, anxious, stressed, or caught in a negative thought pattern.

1. When the alarm goes off (or when you notice you need a time-out from the mind), find a safe space to step aside to where you can comfortably close your eyes for a few moments.
2. Eyes closed, draw one or both hands to your heart, letting them rest flat on your chest. Take three full, deep breaths into the body, letting both chest and belly expand.

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3. Take this time to acknowledge that you are struggling, offering yourself any words of support or compassion that you might offer a loved one. Be there for yourself as a friend, holding yourself unconditionally for a few more full breaths.

4. Before ending the practice, take a few moments to silently repeat the phrases:

- I honor and support myself.
- I love and accept myself.
- I practice peace and patience.
- I am worthy of my own compassion and kindness.

You may repeat these as many times as you feel called to.

5. Take a final moment to offer yourself any other words you might need to hear. When you are ready to carry on with your day, slowly open your eyes. Carry this self-compassion with you as you move forward.

REFLECTION:

How did it feel to practice this simple exercise of self-compassion? How might you incorporate this into your daily routine?