

SELF-COMPASSION BREAK

When you notice that you're under stress, see if you can find the stress in your body. Where do you feel it the most? Make contact with the stress as it arises in your body.

Now, say to yourself:

1. This is a moment of suffering

That's mindfulness.

Other options include:

- This hurts.
- Ouch
- This is stress

2. Suffering is a part of life

That's common humanity.

Other options include:

- Other people feel this way
- I'm not alone
- We all struggle in our lives

Now, put your hands over your heart, or wherever it feels comforting, and feel the warmth and gentle touch of your hands.

Say to yourself:

3. May I be kind to myself

You can also ask yourself, "What do I need to hear right now?"

Is there a phrase that speaks to you in your particular situation, such as:

- May I give myself the compassion that I need
- May I accept myself as I am
- May I learn to accept myself as I am
- May I forgive myself
- May I be strong
- May I be safe
- May I be peaceful
- May we all be kind
- May we live in peace

By Kristin Neff & Christopher Germer
Retrieved from
www.centerformsc.org/meditations

"Compassion is, by definition, relational. Compassion literally means "to suffer with," which implies a basic mutuality in the experience of suffering. The emotion of compassion springs from the recognition that the human experience is imperfect."

~Kristin Neff

"As soon as you notice you're suffering you automatically embrace yourself with compassion." ~Kristin Neff

A moment of self-compassion can change your entire day. A string of such moments can change the course of your life.

~Christopher Germer