

Tool 4.3: Practice self-compassion

How can you practice self-compassion in your life? Jot some ideas down below. Pick one at a time to practice until they become habitual. With practice, you may find that self-compassion arises more quickly and with less effort, helping you stay present in each moment and reducing your stress.

Self-kindness practices	Common humanity practice	Mindfulness practice
Ex: Ask myself if that’s how I would talk to a friend in this situation, stop calling myself names	Ex: Attend mutual support group meetings, volunteer	Ex: Daily meditation; notice the birds I hear on a walk