



SELF-COMPASSION

Mindfulness Activity

Notice your breath as it comes in and flows out. Do this for several breaths and notice the rhythm of your body and breath.

Gently place your hand on your heart and one hand on your stomach. Notice the rise of your chest and abdomen as you breathe in and out. Notice the stillness of the rest of your body. Pay attention to where you are, the sounds, smells, and stillness of the room that you are in. Draw your attention to where you are and notice the relationship of your body to the space you are in.

As you feel your hand on your heart, imagine and feel your heart fill with compassion. Self-compassion for the effort you have expelled, the talents you have shared with others, and the transitions to new experiences that you have embraced. Let your self-compassion grow from your heart and radiate out to the limbs of your body. Embrace your willingness to take on new challenges. Let thoughts of yourself with self-compassion running through your body fuel you throughout your day.



Put it in Neutral:

To put yourself in neutral, you have to find stillness to observe yourself and where you're currently situated in the world.