

Practising Self-Compassion

Self-compassion is a powerful tool for cultivating your resilience and emotional well-being. You are your own best friend. What would you do or say if your best friend was feeling sad, angry or depressed?

Try these exercises to practise self-compassion in your daily life:



Be Kind to Yourself

Treat yourself with the same kindness and understanding you would offer to a close friend facing a similar challenge.



Validate Your Feelings

Acknowledge and validate your emotions without judgment or criticism. Invite your emotions to sit with you, and hear them out. Give them a hug or a reassuring word, and invite them to leave your mind when they're ready to go.



Practise Mindfulness

Cultivate mindfulness by staying present in the moment and observing your thoughts and feelings without attachment.

When many thoughts cloud my mind, a strategy I use to stay present is to narrate to myself what I am currently doing, such as "I am walking to the bus stop. I see a tree that is blooming with yellow flowers. I take a sip of water as I realise I am thirsty. I will count the number of breaths till my bus comes."