



Informal Practice: Self-Compassion in Daily Life

PHYSICALLY – soften the body

How do you care for yourself physically (e.g., exercise, massage, warm bath, cup of tea)?

Can you think of new ways to release the tension and stress that builds up in your body?

MENTALLY – reduce agitation

How do you care for your mind, especially when you're under stress (e.g., meditation, watch a funny movie, read an inspiring book)?

Is there a new strategy you'd like to try to let go of ruminating thoughts?

EMOTIONALLY – soothe and comfort yourself

How do you care for yourself emotionally (pet the dog, journal, cook)?



Is there something new you'd like to try, interests you have that you have forgotten about i.e. music, art, nature?

RELATIONALLY – connect with others

How or when do you relate to others that brings you genuine happiness (e.g., meet with friends, talk on the phone, events)?

Is there any way that you'd like to enrich these connections?

SPIRITUALLY – commit to your values

What do you do to care for yourself spiritually (pray, walk in the woods, help others, time in nature)?

If you've been neglecting your spiritual side, is there anything you'd like to remember to do?
