

self compassion

We find it very easy to criticise ourselves and to judge our own weaknesses and failings.

"Common humanity" understands that suffering is universal. We are connected by our struggles which is why self-compassion is key. We can become more self compassionate by letting ourselves acknowledge our difficult thoughts and feelings. By finding ways to upgrade our day. This, in time, can enhance and improve our emotional wellbeing.

Bringing compassion and kindness to ourselves is crucial.

There are many ways to do this. Such as preparing a relaxing bath, having a treat or making time to read the book you haven't had time to finish. Little upgrades to everyday life is key.

A term of endearment is also a good way to practice self-compassion. Using phrases or talking to yourself in your head, as a way of offering some soothing advice and kindness. Such things as "You got this" or "It's all going to be ok" may seem slightly funny and even odd, but its a great way to support yourself and to try to stop negative thoughts and emotions in their tracks.

You may also wish to look at adopting some affirmations. Repeating and saying such things as "I am enough" or "I can deal with this" - whether during a mindfulness meditation or in the shower, or when walking, can be very affective.

Self-compassion and soothing exercises are a great way to Upgrade Your Day. Now, they can feel odd and funny but they are an important and, lets face it, can be done pretty much anywhere!

The self-soothing exercise that works very well for me is this: **a self hug**. I place both my hands flat against my chest. The hand directly on my chest I then clench into a fist. Then I cup my other hand over the top. Then repeating softly sayings like “You got this” or “It’s all going to be OK” are very soothing and rewarding.

So, take 2-3 deep breaths.

Place your hands over your heart, simply feeling the gentle pressure and warmth of your hands. Feel the natural rising and falling of your chest as you breathe in and breathe out. You can also try one hand over your heart and one on your belly, or perhaps cradling your face in your hands or crossing your arms and giving yourself a gentle squeeze.

I would also recommended burning aromatherapy oils or candles, spending some quality time in nature or listening to music as you do this. Even some short breathing practices will be of benefit. These can be guided or you can just sit, be still and bring attention to your breath for a short while.

Have a go at listening to The Sea guided meditation again that came with Day 3, and get those words and actions second nature. You’re doing great.