self compassion

1 **Create a reassuring reminder about something that's worrying you.** Keep it visible to remind you.

2 **Free yourself from the traps of perfectionism.** Where will you allow yourself to be OK with good enough?

3 **Feeling troubled? Confide in someone you trust.** Unsure? Express your feelings privately.

4 **Uncertainty, fear, worry, hurt are part of being human.** Reassure yourself as you would a child with comforting words.

5 **Self compassion isn't selfish.** See how others benefit over time from you being kind to yourself each day.

6 **Notice when you feel at ease with yourself.** Capture the details and recreate them.

7 **Take a minute to focus on something beautiful.** Listen to birdsong. Focus on a flower.

8 **Not feeling great?** Identify what would mean you felt a bit better and do that. whenthetensiongoes.com

9 **When you are feeling good about yourself, you are like ... what?** Think of an image, symbol or metaphor that pleases you. Create it.

10 **Connect with others** Consider how you are making the world a better place.

11 **What small detail would mean you like yourself a little more?** Note it down. Step towards doing exactly that.

12 **Not liking how you're feeling?** Get to a calm place and comfort yourself with the knowledge – This will pass.

13 **Create some mindful moments today.** 5 mins peace. No distractions. No interruptions.

14 **Whatever you're not feeling good about, take 10 mins to get that feeling out -** write, sketch, walk, sew, sing...

15 **If you need to be liked/strong/right -** think about what would make you feel better when you're not. Do that next time.

16 **Put your needs first at some point today -** so that you keep yourself energised and well.

17 **How could you be more open or receptive today?** Give adaptability a go!

18 **What can nature reveal to you today?** Carry that inspiration in your mind's eye or even on your phone.

19 **Where do you feel like you're letting yourself down?** What ways can you encourage yourself to keep going?

20 **If courage turns into confidence -** what courageous steps will you take today?

21 **How can you enjoy what you have accomplished recently?** Allow yourself some moments to enjoy that.

22 **What do you sometimes struggle to accept about yourself?** What would be different if you did? Accept, take steps, empower.

23 **How do you find calm? What works for you?** Make sure you find some calm today.

24 **Increase your emotional literacy -** by noticing your feelings throughout the day and labelling them.

25 **How could you express your feelings creatively?** In a word, a scribble, a sound, a poem, a sketch, a drawing, a story, a movement...

26 **When you feel alone** Enjoy images in your mind's eye that give you a sense of belonging.

27 **WAKE UP to self compassion!** Create an affirming message today for when you wake up tomorrow.

28 **You are best at being you.** Tap into the essence of you – some simple qualities that come naturally to you & express them.

29 **In what ways could you be more accepting of yourself?** What reassuring, respectful words can you say to yourself instead of judging yourself?

30 **Stuck?** How about asking for help or talking it through with someone. Many people are willing to help.

✓ **Keep track of your progress**

Tick each day that you have practised one or some of these habits
Or, note the number of the habit for the day

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