

Self-compassion



talk to
yourself
how you would
to your best
friends

be kind to
yourself
and others

focus on yourself
and your breath

"I did my best"

Smile!!

ask for a hug

Pay attention
to yourself

listen to
your body

talk to your-
self

take 10 deep
breaths

"I might be
able to do it
next time:-"

I like myself
who I am