



Cope Together

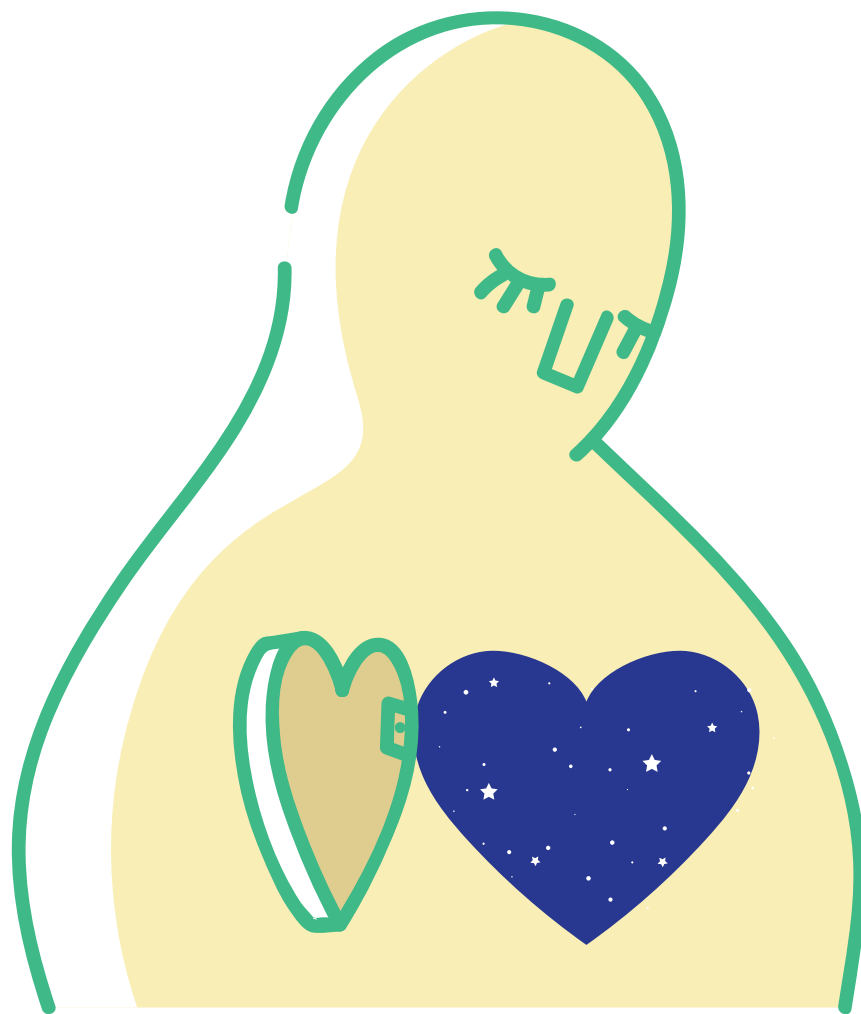
Self-Compassion

Let's learn to take care
of our emotions and be
kind to ourselves.

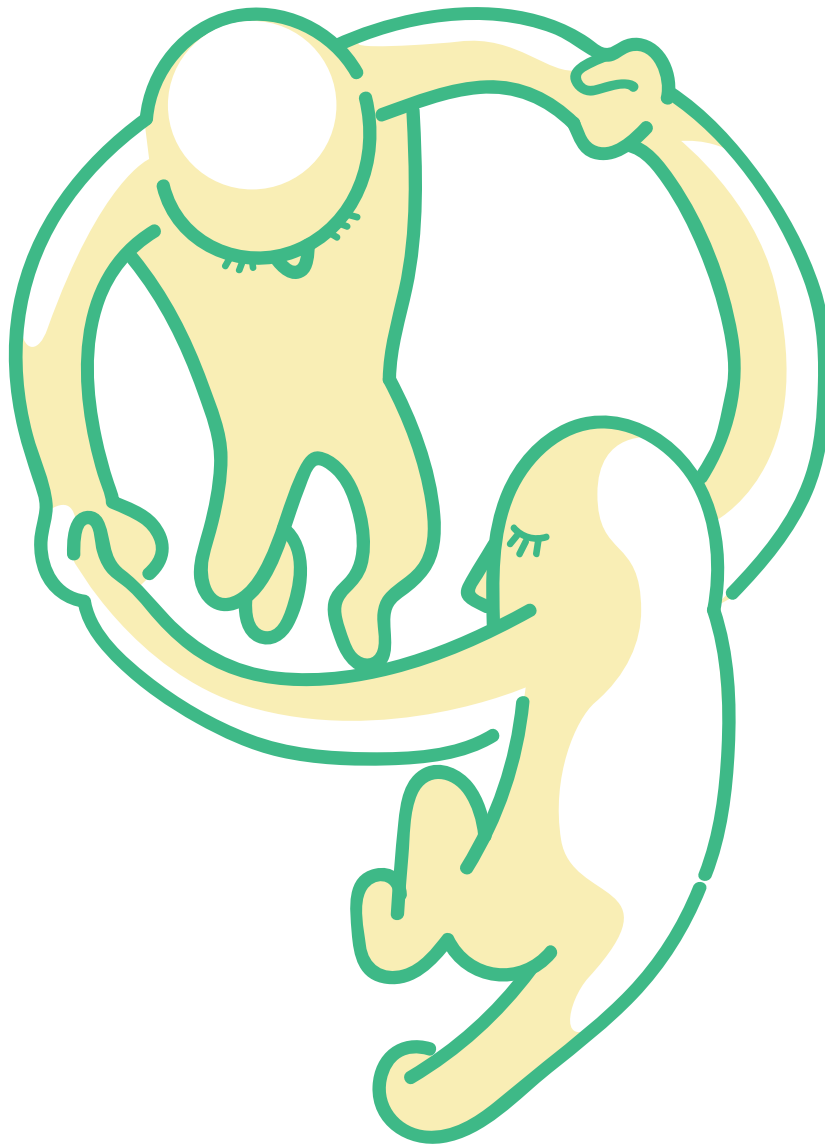


3 components of self-compassion:

- **Self-kindness**
Being kind, gentle and understanding with yourself when you are suffering.
- **Common humanity**
Realising that all of us would suffer from feeling vulnerable and imperfect. You are not alone.
- **Mindfulness**
Observing life as it is, without being judgmental or suppressing your thoughts and feelings.

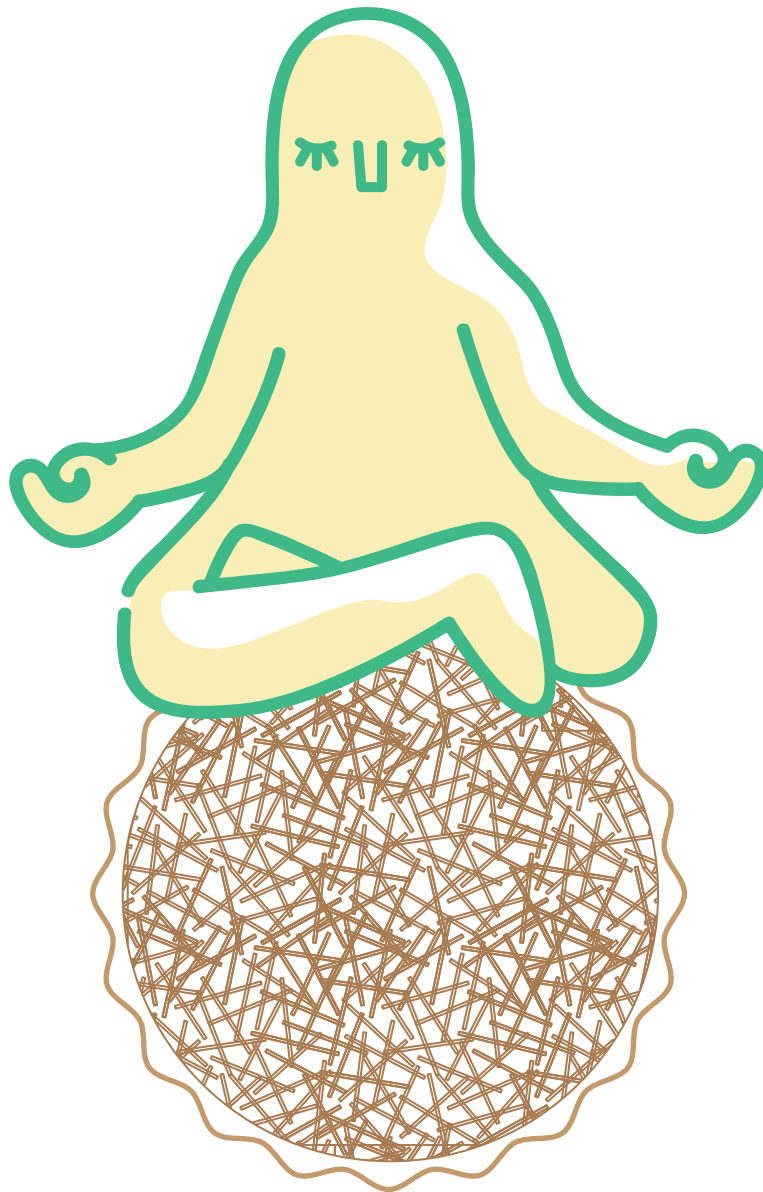


**Try the following exercises
to create a caring space
within yourself that is free
of judgment.**



Exercise 1: Be understanding to the self

- Would you be kind and understanding to your friends, but harsh on yourself?
- How would you respond if your friends were suffering?
- Try to use the same tone and attitude to treat yourself.



Exercise 2: Mindfulness

1. Think of a difficult and stressful situation in your life.
2. Feel the stress and emotional discomfort in your body.
3. Now say to yourself:
This is a moment of suffering.
Suffering is a part of life.
May I be kind to myself.

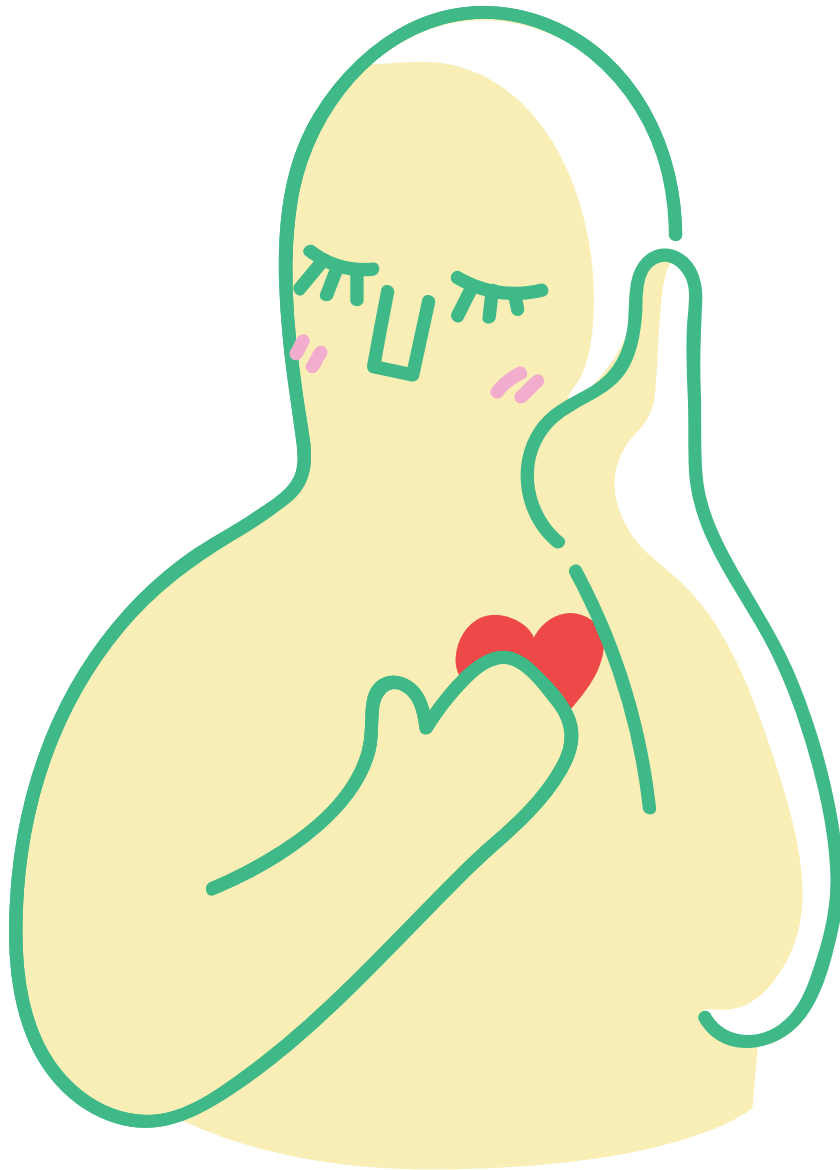
Or you may follow the instructions at <https://bit.ly/2MHqLaI>.



Exercise 3: Practise unconditional self-love

Try to write a letter to
yourself:

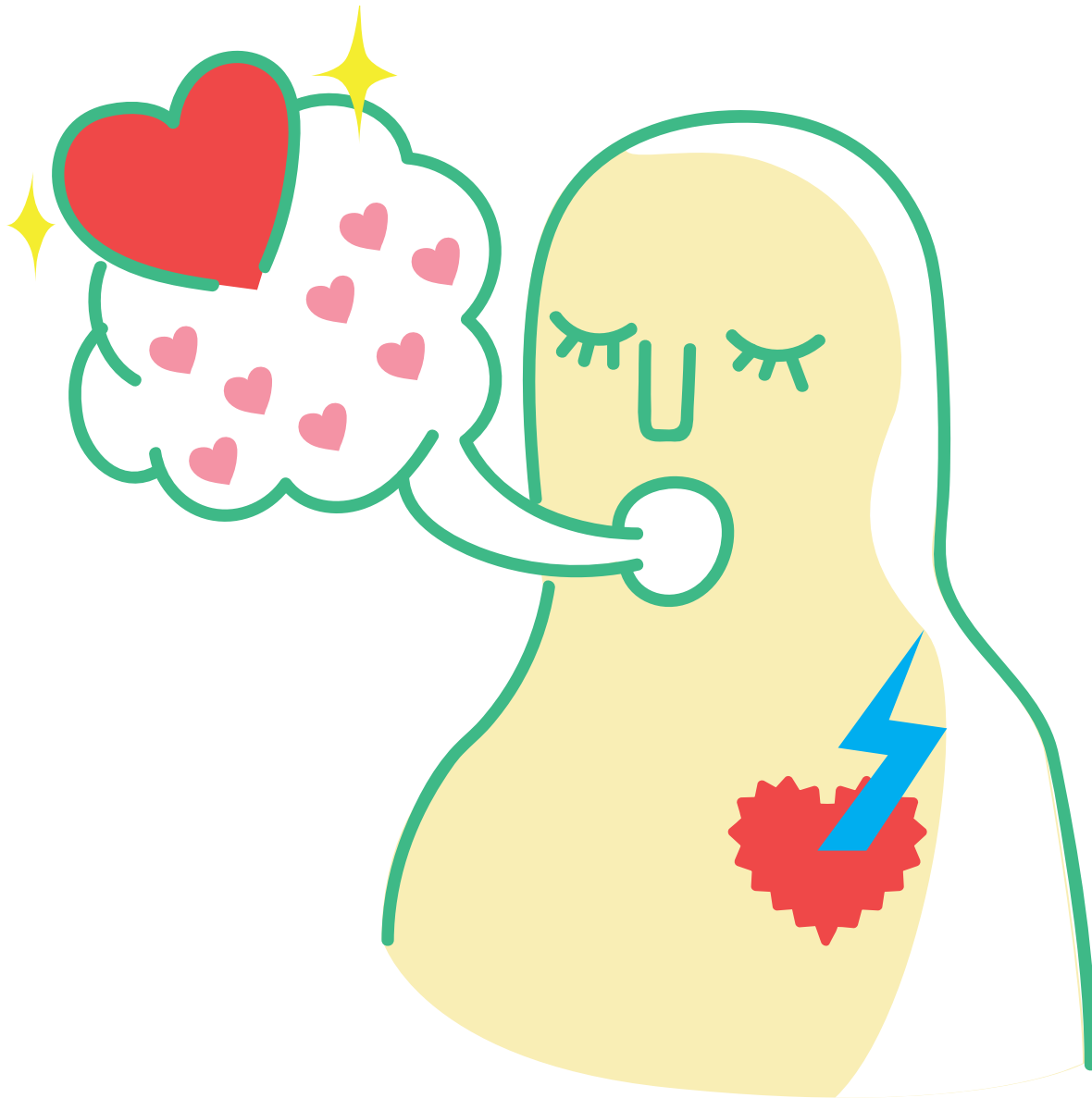
1. What imperfections make you feel “not good enough”?
2. Write to yourself with some words of compassion.
e.g. I learn to accept myself for who I am because I understand all of us are imperfect.
3. Read the letter to yourself with a gentle and reassuring tone.
4. Feel the compassion as it soothes and comforts you.



Exercise 4: Supportive touch

Try to give yourself some emotional support by feeling the physical sensations:

- 1. Put one hand on your heart.**
- 2. Put one hand on your cheek.**
- 3. Cradle your face in your hands, or cross your arms and give yourself a gentle hug.**



Exercise 5: Changing your critical self-talk

1. Be aware of your inner self-critical voice.
2. Make an active effort to soften the voice.

*e.g. Direct to the inner critic:
“I know you’re worried about me, but you’re causing me unnecessary pain.”*

3. Reframe the voice into supportive self-talk.

e.g. “May I learn to accept myself as I am.”

“May I give myself the compassion that I need.”



**Remember that you deserve
being loved and cared for!**

References

<https://self-compassion.org/the-three-elements-of-self-compassion-2/>

<https://self-compassion.org/category/exercises/>

