

Compassionate Me

Week 1 - Self-Compassion

Acts of Kindness



Here are some suggestions that the team have come up with to enable you to cultivate some self-compassion.

Remember, these are only suggestions - do what's right for you and as many/few as you like - and be as creative as you like with your activities.

1. Book an aromatherapy massage.
2. Have a long soak in the bath (perhaps in candlelight).
3. Treat yourself to some pampering - perhaps a manicure/pedicure or facial.
4. Go fishing.
5. Take 15 minutes to write a list of your good traits/achievements you are proud of - and put them in a prominent place where you can see them.
6. Take the day off from housework - and read a book instead!
7. Substitute negative thoughts with positive ones - make a conscious decision to do this.
8. Look in the mirror - and tell your body how thankful you are for all the hard work it does for you
9. Put aside 10, 15, 30 or 60 minutes a day everyday this week to do something special for yourself. Anything at all - meditation, read a book, take a walk, watch TV - whatever you consider relaxing and nourishing for your mind, body and spirit.
10. Give yourself a 30 minute window of time to be completely technology and screen free today! Don't be contactable to the outside world!
11. Bake a cake. Eat cake!
12. Spend time in nature - go for a walk, go to the beach.
13. Connect with a loved one or a close friend. Have coffee, talk, laugh, cry!
14. Spend time journaling or filling in a gratitude diary.
15. Complete the Compassionate Me worksheet (and Daily Diary) - giving yourself time everyday if possible to do the activities. (If you can't do them everyday - don't beat yourself up about it - be kind to yourself!)

Write some of your own suggestions here:

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