



How to practise Loving Kindness and Compassion towards yourself



ESPECIALLY WHEN
TIMES ARE HARD...


EVERY MORNING WHEN YOU WAKE UP, SPEND A MINUTE OR TWO SAYING KIND WISHES TO YOURSELF.

May I have peace of mind today. May I have happy moments. May I be mindful. May I...



STOP SHOULD-ING ON YOURSELF

You're not perfect, and that's ok, no one is perfect. We are all human. You're not a superhero.




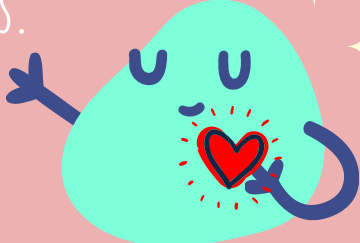
TAKE A FEW DEEP BREATHS AND PRACTISE A MINDFUL BREATHING ACTIVITY

breathe



PUT YOUR HAND GENTLY ON YOUR HEART FOR A FEW MOMENTS.

Hand on 



TREAT YOURSELF THE WAY YOU WOULD TREAT A DEAR FRIEND OR A SMALL CHILD YOU REALLY CARE ABOUT

Hey little one, what can I do to help you? I'm here for you.

