

Practicing Compassion

Journaling can be a powerful tool for practicing self-compassion.

Here are some prompts to help you explore and cultivate self-compassion:

- 1. Think of a recent challenging situation.** How did you respond to yourself, was it supportive and kind, or critical and judgmental? What could you say to yourself now with kindness?
- 2. List three imperfections or mistakes from this week.** How did you react and could you reframe them with self-compassion, understanding that everyone makes mistakes and experiences challenges?
- 3. Imagine a friend experiencing these mistakes.** Write down how you would support them through this situation.
- 4. List five things you genuinely love about yourself, both internally and externally.** How do they contribute to your uniqueness and how could you celebrate them more often?
- 5. List three activities which bring you joy and relaxation.** How could you incorporate these over the next few days to look after your well-being?
- 6. Think about a situation recently which overstepped your boundaries.** Explore how you could handle this situation in the future to communicate your needs with kindness and assertiveness?
- 7. List three things you are grateful to your body for.** Explore how it supports you in everyday life and think about how you can be more grateful in the future to your body.

By practicing self-compassion during more quiet periods of life, this allows us to implement it more naturally when life is more chaotic. This also allows you to feel as though you are being productive when you are ill, however still taking care of yourself in order to feel better faster.