



Self-Compassion

A KINDER WAY TO SUPPORT YOURSELF

Same You
A Kinder
Tomorrow ♥

BE KIND TO YOURSELF. IT MAKES A DIFFERENCE.

Notice. Acknowledge. Respond with kindness. Repeat as needed.

1 NOTICE

Become aware of what you are feeling, thinking or experiencing right now.



"This is a moment of difficulty."



2 ACKNOWLEDGE

It's okay to feel this way. This is a normal human experience.



"This is hard, and it makes sense."



3 RESPOND WITH KINDNESS

Speak to yourself the way you would speak to a close friend.

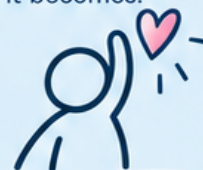


"I can be kind to myself in this moment."



4 KEEP GOING

Practise regularly. The more you use self-compassion, the easier it becomes.



"I'm doing my best and that is enough."



IMPORTANT THINGS TO REMEMBER

- Self-compassion is not self-pity.
- It doesn't mean ignoring problems or avoiding responsibility.
- Everyone struggles. Difficulty is a normal part of being human.
- You are allowed to take up space, make mistakes and be a work in progress.
- Being kind to yourself can reduce stress, build emotional resilience and support better mental health.

Progress over perfection. ♥



PRACTICAL WAYS TO BUILD SELF-COMPASSION



Notice your inner voice. Is it kind or critical?



Try a compassionate statement: "It's a hard moment, and I'm doing the best I can."



Take a few slow, deep breaths.



Write to yourself as you would a good friend.



Give yourself permission to rest, to say no, or to ask for support.



Practise regularly, even when it feels uncomfortable. It gets easier over time.

SMALL STEPS
MAKE A BIG DIFFERENCE.



IF YOUR INNER CRITIC GETS LOUD...

- Notice the thought. You don't have to believe it.
- Ask: "Would I say this to a friend?"
- Try a grounding exercise: 5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste.
- Use a supportive phrase: "It's okay to be imperfect." "I'm doing the best I can." "This feeling will pass."
- Take a break. Step away, breathe, and do something that feels soothing.
- Consider talking to a trusted person or a mental health professional if self-criticism feels overwhelming.

A kinder you brighter tomorrow. ♥

PREVAIL PSYCHOLOGY & WELLNESS

HEAL | GROW | THRIVE

SAME YOU.
A BRIGHTER TOMORROW.