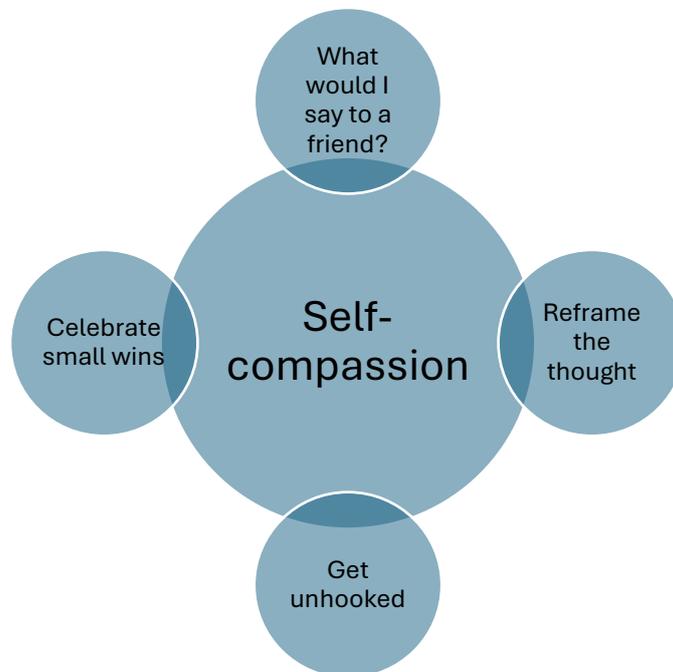




## Self-Compassion

“Self-compassion is a practice of goodwill, not good feelings. In other words, even though the friendly, supportive stance of self-compassion is aimed at the alleviation of suffering, we can’t always control the way things are. If we use self-compassion practice to try to make our pain go away by suppressing it or fighting against it, things will likely just get worse. With self-compassion we mindfully accept that the moment is painful, and embrace ourselves with kindness and care in response, remembering that imperfection is part of the shared human experience. This allows us to hold ourselves in love and connection, giving ourselves the support and comfort needed to bear the pain, while providing the optimal conditions for growth and transformation”. Dr Kristen Neff.

**What can I do today, to show myself that I am a loveable, worthwhile human being, no matter what?!**



**Quick tip: Pause throughout the day and say, “I am enough, who I am and what I do, is enough”**