

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #4: PRACTICE SELF-COMPASSION



Compassion is defined as the feeling of deep sympathy and acknowledgment of other people's pain. We practice compassion by understanding that we all experience hardships. To practice compassion, it is important to ask ourselves how someone might feel in a situation. We then consider how we might feel in that same situation. The next step is to do small acts of compassion that can be as simple as holding the door open for someone or giving a hug to a loved one.

Practicing self-compassion helps us to show compassion towards others. By practicing to recognize and accept our own emotions, it may become easier to understand the experiences of others. Engaging in self-compassion can also have a positive impact on our mental health and well-being. Today, take some time to reflect on your thoughts and practice self-compassion.

Practice Compassion Today:



1. GRAB A PIECE OF PAPER AND A PENCIL.
2. WRITE DOWN 3 POSITIVE, ENCOURAGING STATEMENTS, SUCH AS, "I CAN MAKE TODAY A GREAT DAY."
3. READ THESE THREE PHRASES ALOUD TO YOURSELF.
4. THINK OF ONE ACTION THAT YOU WILL DO FOR YOURSELF TODAY, SUCH AS LISTEN TO YOUR FAVORITE SONG.
5. CONTINUE TO REMIND YOURSELF OF THE AFFIRMATIONS YOU WROTE AND THE ACTION STEP YOU'D LIKE TO COMPLETE THROUGHOUT THE DAY.

Parent Practice Tip:

Help your children practice compassion by sharing with them what you are passionate about. Tell them one positive affirmation you have created.

To Learn More:

COMPASSION IN ACTION
POSITIVE AFFIRMATIONS
HEALTHY COMPASSIONATE TOUCH

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