

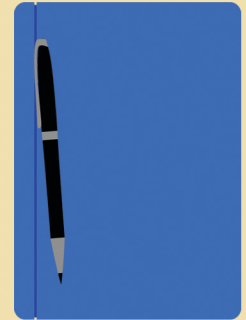
5 ways to apply self-Compassion

Use these simple tips to improve your mental health and wellbeing.

1

Keep a gratitude diary

Write down the things you're grateful for every day. Start with three things. After a few days, you might find your list has quickly expanded. You might even surprise yourself with how many things you appreciate every day!



2

Say thank you

Now that you know what you're grateful for, say thank you. This can apply to people, places, and pastimes. Expressing gratitude is an act of Compassion towards others and yourself.

3

Schedule your breaks

Put your breaks in your calendar and set a reminder. Where possible, step out of the workplace for your breaks so that you're not tempted to work through them. This is important time for yourself.



4

View your inner critic as someone else

When we're faced with discouraging thoughts, hesitations, or doubts, it can be helpful to imagine they're coming from another person. It can cause us to react differently and challenge those negative thoughts.

5

Write a letter to yourself

This can help you view yourself as a close friend or family member might. Stepping outside of yourself can help you to be kind, considerate, and apply self-Compassion.

