

SELF-COMPASSION PAUSE

30-60 second practice to shift out of reactivity and meet yourself with care

PURPOSE:

- Interrupt stress and self-criticism in the moment
- Strengthen your capacity for emotional resilience
- Cultivate inner warmth and connection

HOW TO:

Take three slow, intentional breaths. With each breath, gently welcome these ingredients:

1 Breath 1 ~ Mindfulness

Name what you're experiencing with honesty and care:
"This is hard right now." or "I'm feeling overwhelmed."

2 Breath 2 ~ Common Humanity

Remember that struggle is part of being human:
"I'm not alone in this." or "Others feel this way too."

3 Self-Kindness

Respond to yourself with warmth and support:
"May I be kind to myself right now." or "What do I need in this moment?"

