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:

1️⃣ **Pause:** let yourself come to rest for a moment.

2️⃣ **Observe:** mindfully name what you're experiencing:

"This is frustration." or simply *"This is hard right now."*

3️⃣ **Choose:**

- Common Humanity: remember you're not alone: *"Others feel this way too."*
- Kindness: offer yourself words of encouragement:

"May I be kind to myself." or *"I'm doing the best I can."*