

KRISTEN NEFF'S

Self-Compassion Break

1

IS SOMETHING TROUBLING YOU?

Something that's scary, sad, stressful, or causing you to judge yourself?

Call the situation to mind by remembering what you did, said and felt.

2

SOOTHE YOURSELF WITH A PHYSICAL GESTURE OF COMPASSION.

Self-compassion taps into the body's mammalian care-giving system and releases oxytocin and other opiates.

Place your hands over your heart center, on your belly, or gently against your cheeks.

3

FEEL THE PHYSICAL TOUCH AS A KIND AND CARING RESPONSE.

Then silently repeat in your mind the following phrases:

"This is a moment of suffering."

Suffering is an inextricable part of the shared human experience. We aren't alone, we aren't isolated, we aren't abnormal.

"May I be kind to myself in this moment."

Set the intention to respond with kindness and care.

"May I give myself the compassion I need."

Give yourself full permission and be kind to yourself in this moment.

Are there any special words that come to you? They might be just what you need to hear.

A LITTLE REMINDER YOU CAN CARRY WITH YOU, A PORTABLE FRIEND, AND ONE OF THE MOST POWERFUL AND EASY WAYS TO INTEGRATE SELF-COMPASSION INTO YOUR DAILY LIFE.

YOU CAN DO THE SELF-COMPASSION BREAK SLOWLY AS A MINI-MEDITATION, OR USE IT IN THE HEAT OF DIFFICULT MOMENTS.

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women

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We offer international events, networking circles, and online content that build community and know-how for women to lead.

Our aim is to create a new paradigm for leadership where feminine attributes like connection, empathy, intuition and heart are held as powerful values, and will help men and women create positive change in the world.

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