

BODY COMPASSION PRACTICE

Difficult days happen. Days when you just don't like what you see in the mirror, or you feel uncomfortable in your own skin.

The practice of body compassion is a shelter to turn to on those days. Think of it as a soft, accepting blanket to wrap yourself in.



1) NAME IT

Acknowledge that you are suffering. The simple act of naming it, saying to yourself "I am hurting" is powerful.

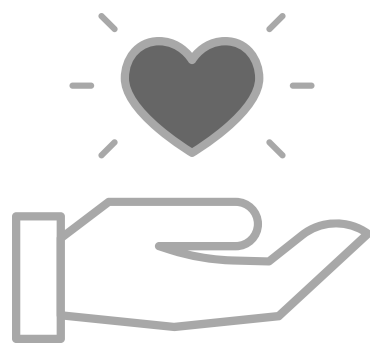
2) REMEMBER YOU ARE NOT ALONE

At any moment, there are others struggling the way you are, suffering is human and all of us have difficult times.



3) ACT OF SELF KINDNESS

Say inwardly to yourself, "I care about this hurt" and find a way to touch yourself kindly with a hand to heart, cheek, or holding your own hand.



4) NOURISH A NEED

Take a moment to reflect on what you may need, on what would nourish you. Maybe time with a loved one or pet, a nap or a warm meal? Make plans to nourish yourself.

