

Three Ways to Cultivate Self- Compassion

Being kind to yourself isn't a luxury—it's a survival skill.

Here are three powerful ways to start practicing self-compassion today (especially when your inner critic is loud and life is heavy).

You wouldn't shame your best friend for having a hard day, so why do it to yourself?

When self-judgment creeps in, pause and ask:

"If someone I loved were feeling this, what would I say to them?"

Now say that to you. Out loud if you can.

Compassion starts in your inner dialogue.

Talk to Yourself Like Someone You Love

You're allowed to make mistakes, feel big feelings, and struggle.

Self-compassion means saying:

"It's okay to not be okay right now.— and it's okay to simply be okay."

This simple phrase reminds your nervous system that it's safe to soften instead of striving.

Let Yourself Be A Person

Self-compassion doesn't have to be a big, dramatic ritual.

Try this:

- Put your hand on your heart and take a deep breath
- Speak a kind phrase to yourself: "I'm doing the best I can."
- Give yourself a 2-minute break—even if the world is still spinning

Small acts of self-kindness add up. And they matter.

Create Micro- Moments of Care