

RESPONDING WITH SELF COMPASSION



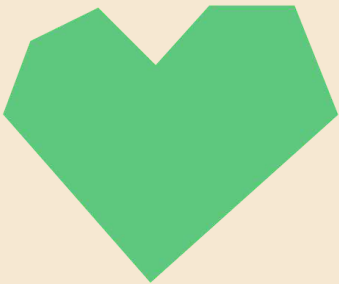
RED:

Stop and feel your feelings. This is a hard moment - how do you feel?



ORANGE:

You are not alone. Who else has felt this way or been in this situation?



GREEN:

Kind words and actions. Utilise soothing touch - what words do you need to hear right now?

SOOTHING TOUCH:

- Place one or both hands on your chest
- Massage the back of your neck
- Stroke your cheek or arms
- Give yourself a gentle hug

KIND WORDS:

- It's OK, I am doing the best I can.
- I accept myself as I am.



[Adapted from Self Compassion Content by Dr Kristin Neff and the Traffic Light Concept by Dr Veya Seekis]