

## MOD 1.3 How to Be Kind to Yourself



### TAKE IT DEEPER:

#### Being Kind to Yourself in Professional Experiences

1. Briefly describe three moderately stressful professional challenges below. You can identify specific scenarios or somewhat challenging situations you may regularly face in your role.
2. Write a mindfulness statement for each scenario to practice self-compassion. (e.g. "This is tough!" or "This is a difficult moment for me.")
3. Articulate a connection to common humanity, remembering we're not alone in experiencing struggle.
4. Write what to say to yourself in that moment that demonstrates kindness to yourself and reminds yourself of your courage, capacity, and good intentions

SITUATION			
MINDFULNESS STATEMENT			
CONNECTION TO COMMON HUMANITY			
ACT OF SELF-KINDNESS			

How do you think collectively practicing self-compassion can influence our work on a team or in a group? What would a school that focused on self-compassion look like? A classroom?