

MODULE 7.2

SELF-COMPASSION for Educators



TAKE IT DEEPER:

Self-Compassion Letter

Writing is a powerful way to process our thoughts and even retrain our brains to think differently. Research has shown that the act of writing self-compassionate letters to ourselves can significantly improve our mental well-being.

Take a moment to think of a challenging moment you had today. Describe in detail the emotions and thoughts towards yourself that arose during that moment.

Now, write yourself a letter. Write as though a friend told you about their hard day and you are now responding to them. Think about how you might first acknowledge their feelings and even show them acceptance and forgiveness for mistakes or missteps they had. Write freely, this letter is just for you.

You can store the letter away. It can be nice to read it at a later date, perhaps when you have another challenging day— for a moment of compassion, from yourself.

