The following is a Mindfulness practise teaches us self compassion.  The science is very clear that when we are more compassionate to ourselves we enter a growth mindset.  We believe that change is possible and we take action to change.  Self compassion also leads to an increase in pro-social behavior and it motivates us to move forward with kindness.

Self compassion exercises are a great place to start.  Becoming self aware can be challenging.  When we uncover our beliefs and hear our thoughts we may not be pleased with what we find.  Self compassion allows us to see our challenges as a common human trait allowing us to be kind while we more forward to the place that we want to get to.

**Micro Practice:**Follow these 3 breathing steps…

1. Breathe and become present.
2. Breathe and observe what is around you.
3. Breathe and recognize that there is a challenge here and I will be OK.

……………………………………………..

This mindfulness practice teaches us to open ourselves up and be more accepting of who we are and how we fit into this world much of time is spent criticizing ourselves and berating ourselves for what we should be doing but have not done.

This practice changes our stance, it allows us to be human.

Let’s begin by lowering our eyes and focusing on the floor in front of us. Gently rest your arms in your lap or by your side.

Let’s begin by following our breath… breathing in and out…. just trying to follow every nuance of our breathing experience.

I invite you now to put a half smile on your face, how does that half smile feel?

And direct this smile to yourself.---A human on this planet just trying to do the best they can do.

As you smile to yourself what do you feel in your body? What emotions are present?

 Is there some self-talk that is happening? Images, voices, just take a mental note and remember you are smiling at yourself.

When you make a note of this self-talk …..Just remind yourself yes I do have some challenges and yes I am not alone in this world there are many people who have similar challenges and we are all trying to do the best we can.

Remember to be kind and to be curious about our challenges, curiosity allows us to move into our challenges and learn from them. And kindness allows us to be gentle and patient with ourselves.

Long pause

If the mind wanders that is okay it is normal just gently guide your attention back to the breath and also remember you are smiling at yourself.

Long pause

I invite you now to place your hand on your heart, or your abdomen or maybe you just want to grab your hand.

Open yourself up to both sending and receiving loving kindness.

You are human you make mistakes there are challenges in life.

Accept that you are learning to be better and that you allow yourself to be patient in this journey.

I remind you to be aware of your smile and your touch as this is a wonderful way to transcend love and kindness towards yourself.

If the mind wanders that is okay just gently re-focus on your breath and remember your warm touch and your smile.

Long pause

We conclude this practice by focusing back on our breath wishing love and kindness to ourselves and also extending this wish of love and kindness to the people we come in contact with every day.

See if you can be with these wishes of love and kindness towards yourself and your fellow human beings for a few more minutes before you open up your eyes.