

# COMPASSION UNDER THE DUVET

Here is a short and simple 4-step process to start your day to help cultivate your compassionate best.



## Breathe

Engage in Rhythm Soothing Breathing. That means keep an evenness between the in- and out-breath. Try a count of in for 4 and out for 4. Focus on the out breath keeping it smooth.



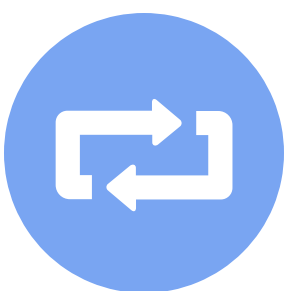
## Welcome Yourself

Welcome yourself to the day like you would to a dear friend. You might like to bring a half-smile to your face and use your friendly tone. "Good morning James."



## Imagine

Imagine for 1-2 minutes on how your day will look if you are at your compassionate best. How would you talk? How would you respond to others? How would you act? How would you feel?



## Repeat

Try to repeat every third morning to begin with. Then slowly start to build to every second day. Then finally every day. When we welcome ourselves in this way we are giving ourselves the best chance to be at our compassionate best.