



TAKING CARE OF YOURSELF

*JOY AND PAIN ARE TWO SIDES OF THE SAME COIN...
COMPASSION MAKES THE PAIN EASIER TO ENDURE...
KINDNESS HELPS US TO RECONNECT WITH THE OTHER SIDE OF THE COIN...*

YOU CAN LEARN TO TREAT YOURSELF WITH COMPASSION.

There are many ways to practice self-compassion. You can:



Practice Visualisation Exercises.

You can regularly practice the full exercise or simply use elements of the exercise that are helpful to you as needed in your daily life. For example, you might find it helpful to imagine compassion as a ball of glowing warm light, and to imagine the warm light radiating out towards yourself.



Imagine Someone Else.

Imagine someone else was in the same situation that you are in. How would you care for someone else? Try, as best you can, to treat yourself in the same way.



Gently Open Yourself to Experience.

Gently open yourself to your experience, as it is. If you could express it physically, it is like giving yourself a hug. Can you embrace yourself, just as you are?



Imagine an Incredibly Kind Person.

Imagine an incredibly kind person was with you. It could be someone you know, a fictional character, or a spiritual figure. What would they say to you? Try to really absorb their kindness and take it on board.



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Remember That You Are Not Alone.

Remember you are not alone. You come from a long line of mothers. Many, many women across the world, are exactly where you are now.



Give Yourself Little Acts of Kindness.

Give yourself little acts of kindness. It doesn't have to be anything big. It could be as simple as a cup of tea, a warm bath, or ten minutes with a good book.



Be Open To The Kindness of Others

Be open to the kindness of others. When someone in your life is compassionate or kind to you, then take their kindness on board and allow yourself to benefit from their support.

Remember, when you are compassionate and kind towards yourself, then you are taking care of the most precious thing your baby has: YOU
