

STOP ADDING TO YOUR SUFFERING

When something happens, practice a moment of self compassion. You might say to yourself, "this is a moment of suffering. Everyone experiences pain. I am not alone." Create your own self compassion phrase that you can repeat the next time you notice a moment of pain arising.

"Resourcing" occurs when you pause and shift your focus. You can shift your focus to one of the three places below. Begin to practice resourcing yourself throughout the day.

- Rest your attention in the place where your body is touching something solid, such as the ground beneath your feet.
- Turn your awareness to your breath.
- Say something supportive to yourself, such as your self compassion phrase from above.

For the next week, when you find yourself in the midst of a challenge recognize the challenge and take care of yourself by pausing, taking a breath, and having a moment of compassion for yourself

Then, stop the second arrow. Every time your mind wants to add to the story, ask, "is this thought useful?" and point your attention toward what would be most supportive to you in that moment.