

# 3 Steps for Self-Compassion

Thank you for all you do!

Please continue to give yourself the same support and compassion you give others.

<b>1) Acknowledge how you are feeling. Tell yourself:</b>	<b>2) Remind yourself you are not alone. Tell yourself:</b>	<b>3) Give yourself some compassion. Tell yourself:</b>
This is really hard. I'm struggling with this.	It is normal to have strong feelings. Everyone is having a hard time adapting and coping.	I can be patient and kind with myself and others. My feelings are valid but do not have to define me.
I feel _____.	We all have limitations, even when we try our best.	I am doing the best I can in this moment, and that is enough.

Adapted from Dr. Kristen Neff's self-compassion break at [self-compassion.org](http://self-compassion.org).

