

**Practicing Self-Compassion
with Samaritan Counseling Center of the Northwest Suburbs**

June 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>1 Breathe mindfully: With each slow, deep breath, witness how amazing your body works to keep you alive. Be thankful for your amazing body.</p>	<p>2 Count your wins: Make note of at least one thing that went well for you today. You may want to make a habit of noting your "wins" each day.</p>	<p>3 Ground yourself: Put your feet on the floor as you get out of bed. Feel the floor beneath your feet. Be grateful for the day ahead of you.</p>	<p>4 Listen to yourself: Speak aloud something kind about yourself to yourself.</p>	<p>5 Rest: Go to bed 1 hour earlier tonight. The extra rest will benefit your body, mind, and spirit.</p>	<p>6 Remind yourself: Write a list of 10 positive things about yourself. You can start with whatever you spoke aloud a couple of days ago. Read it aloud to yourself as needed. Keep it for future reference.</p>	<p>7 Be kind to others: Do some random act of kindness for someone & picture their reaction. Being kind to others is good practice for being kind to yourself.</p>
<p>8 Reflect: Take a 15 min. break to reflect on your day, your thoughts and feelings. Notice what's going on without any pressure to change it at this moment.</p>	<p>9 Research: Search online a problem, issue, or feeling that you're struggling with. You are not alone. Other people are dealing with it too!</p>	<p>10 A Work in Progress: Acknowledge something you're working on in some part of your life. Notice how far you've come, even if you are just getting started. Every process begins with a first step!</p>	<p>11 Self-Soothe: Acknowledge your inner critic. Don't fight with your inner critic. Instead, try to soothe your inner critic with loving and reassuring words.</p>	<p>12 Kindness: Do something kind or nice for yourself today. Take some time just for yourself. Let yourself enjoy the gift of time for yourself!</p>	<p>13 Rewrite a thought: Notice a harsh, unkind word you use to describe yourself. Change that word to be more kind. Rewrites are sometimes subtle & incremental, but always moving toward kindness.</p>	<p>14 Self-Talk: Find a term of endearment for yourself and use it in your self-talk. Even if you never say it aloud, your brain hears it each time you think it!</p>
<p>15 Forgiveness: Forgive yourself for not knowing something that you thought you should. Now you do know! Let the past go!</p>	<p>16 Join Humanity: Remember you are human and therefore imperfect—just like all other humans!</p>	<p>17 Learn from failures: Identify something you think you "failed" at. Look at it as a learning experience. What did you learn? How will it make you better in some way?</p>	<p>18 Encouraging notes: Write yourself an encouraging note, as if your best friend were writing it to you. Read it as needed.</p>	<p>19 Reframing: Reframe a negative thought about yourself. Remember love & kindness are more powerful than fear & criticism.</p>	<p>20 Move your body: Try some yoga or gentle body stretches. Be thankful for your body & all it does for you.</p>	<p>21 Feel & Forgive: Forgive yourself for any extreme reaction you've had. Soothe yourself. Consider working it out with others, if needed.</p>
<p>22 Accomplishments: Acknowledge one thing you accomplished today—big or small—which you feel good about.</p>	<p>23 Letting Feelings Pass: Notice any hurtful, painful, or uncomfortable feelings. It's alright to feel it. Acknowledging it will likely help it pass.</p>	<p>24 Self-inquiry: Ask yourself "What do I need to hear right now to give myself kindness?" Speak the answer aloud to yourself. Do you also need to let someone else know your needs?</p>	<p>25 Hug yourself: Cross your arms and give yourself a gentle squeeze. You just gave yourself a "butterfly hug."</p>	<p>26 Connection: Allow yourself to confide in a safe friend. It can be a need, want, joy, or memory. You are not alone!</p>	<p>27 More Connection: Go outside and appreciate "being" a part of creation. Let yourself experience all the sights, smells, & sounds.</p>	<p>28 Positive Reminders: That list you wrote the first week...go back to it and add 10 more positive things about yourself. Review it as needed.</p>
<p>29 Soothing: Put your hand over your heart. Notice the warmth and soothing effect as you rest your hand there.</p>	<p>30 Making progress: Speak and hear the words "May I be patient and loving with myself."</p>					