

Young People: Coping with Self Compassion

In times of family challenges, it's important to remember that your feelings are valid and that you deserve kindness, especially from yourself. Self Compassion encourages you to embrace your emotions, understand that it's okay to feel confused or sad, and recognise the love that surrounds you. No matter what's happening, you have the strength to express your thoughts and find happiness in your own way. Always know that you are worthy of love and care, and it's okay to seek support when you need it.

You are loved,
no matter
what anyone
says or does.



It's okay to
feel confused.
Grown-ups
sometimes
make things
complicated.

You don't
have to
choose
between
parents.
It's okay to
love both in
your own
way.

Your feelings
matter, and
it's important
to talk about
them, even if
it's hard.

It's normal to
miss
someone you
care about,
even if things
are difficult
between
adults.

It's not your
job to fix
grown-up
problems,
focus on
being a kid.

You have the
right to be
happy and
feel safe, no
matter what
others say.

It's okay to
ask questions
about what
you're feeling;
curiosity is
part of
healing.

Sometimes,
people say
things that
aren't true,
trust your
own heart.

Your voice is
powerful,
sharing your
thoughts can
help others
understand.

It's alright to
have fun and
laugh, even
when things
feel heavy at
home.

You can
create your
own stories
about love,
separate
from adult
conflicts.

You can
share your
thoughts with
someone you
trust; they
can help you
understand.

It's okay to
express
anger or
sadness;
those feelings
are part of
your journey.

Grandparents
love you too;
their support
is often there,
when times
can be
difficult.