

EXPEDITIONS IN MOTHERHOOD, INC

Self-Compassion for Moms & Moms-to-Be

by Dr Laura Meyer

Talk to Yourself Kindly...

Talk to yourself the way you would someone you love and respect...replace self-criticism with compassion, kindness, and a sense of humor. Make a new rule that if you wouldn't say it to your friend, don't say it to yourself!

Act Caring Toward Yourself...

Have you ever seen someone go through a tough time and wanted to do something to help them feel better? What caring act could you offer yourself today to support yourself through this tough time? Do you need a reminder that self-care isn't selfish? You are allowed to have your own needs and your loved ones will benefit from you taking care of yourself right now!

Acknowledge Your Humanity!

Struggling is part of the human condition and sometimes suffering is caused by the rejection of this reality. You are not damaged, broken, bad, or otherwise, however, you are human! Being self-compassionate means acknowledging that life may feel hard right now. As a human being you may need help, space, understanding, support and any number of other things before you return to feeling like yourself again.



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